

Name: _____

PREPARING TO PARTICIPATE
Chapter 2: Communication Confidence

(Student Preparation—Knowledge)

(Student Participation—Application)

2.1 Nervousness and Com App

What is the difference between nervousness and communication apprehension?

2.1 Nervousness and Com App

As you read in this chapter, public speaking is among people's top fears. Why are people afraid to speak in public?

2.2 Communication App Causes

What are the three causes of communication apprehension? Explain each.

2.2 Communication App Causes

Think of a time when you had learned apprehension. What was the situation? What about that situation caused you to be apprehensive and why?

2.3 Communication App Effects

Describe the difference between internal and external effects of communication apprehension.

2.3 Communication App Effects

Think of a time when you were apprehensive about a communication encounter. What happened to you physically and mentally?

2.4 Managing Communication App

Describe the four ways to manage communication apprehension.

2.4 Managing Communication App

Have you used any of the techniques for managing communication apprehension in the past? If so, which one, and how did this strategy work for you?