Challenge of Effective Speaking 17th edition Verderber Test Bank

SKU: 9781305948198-TEST-BANK

TRUE/FALSE

1 : Public speaking apprehension is uncommon and only affects a few people.
A : true
B : false

Correct Answer : B

2 : If speakers do not practice their speech and various ways of phrasing key ideas, they run the risk of major opportunity for communicating effectively.
A : true
B : false

Correct Answer : A

3 : Performance orientation views public speaking as a special technique that works to impress audiences with their posture.
A : true
B : false

Correct Answer : B

4 : Public speaking apprehension is most commonly caused by negative self-talk.
A : true
B : false

Correct Answer : A

5 : Using positive-talk before your speech is a good technique to reduce speech anxiety.
A : true
B : false

Correct Answer : A

6 : You should choose a speech topic that you know nothing about, so that you can learn from your research.
A : true
B : false

Correct Answer : B

7 : A speech goal states what you want your audience to know, believe, or do.
A : true
B : false

Correct Answer : A

8 : A speech goal states what you want your audience to know, believe, or do.
A : true
B : false

Correct Answer : A

9 : Having some speech apprehension is quite normal.
A : true
B : false

Correct Answer : A

10 : Organized speeches help audiences to remember the information better.
A : true
B : false

Correct Answer : A

11 : The organization of your speech will naturally evolve from your research and will involve little effort on your part.
A : true
B : false

Correct Answer : B

MULTIPLE CHOICE

12 : Public speaking apprehension is _____.
A : extreme speech anxiety
B : fear experienced when anticipating or actually speaking to an audience
C : not a problem for most people
D : fear experienced after the speech

Correct Answer : B

13 : The technical term for public speaking apprehension, speech anxiety, or fear of public speaking is:
A : fearfulness
B : anxiousness
C : claustrophobia
D : glossophobia

Correct Answer : D

14 : Public speaking apprehension gradually _____ as we speak.
A : decreases
B : increases
C : stays the same
D : none of the above

Correct Answer : A

15 : The three phases of reaction are _____.
A : visualization, desensitization, and adaptation
B : anticipation, confrontation, and adaptation
C : apprehension, performance orientation, and communication orientation

D : confrontation, visualization, and apprehension

Correct Answer : B

16 : The anticipation phase is _____.
A : the surge in your anxiety as you begin your speech
B : the level of anxiety during your speech
C : the gradual decline of your speech anxiety about 1 minute into the speech
D : the level of anxiety you experience before your speech

Correct Answer : D

17 : The confrontation phase is _____.
A : the level of anxiety during your speech
B : the level of anxiety you experience before your speech
C : the surge in your anxiety as you begin delivering your speech
D : the gradual decline of speech anxiety about 1 minute into the speech

Correct Answer : C

18 : Which of the following is NOT a type of breathing and relaxation exercise?
A : abdominal breathing
B : systematic desensitization
C : progressive muscle relaxation exercises
D : sighing

Correct Answer : B

19 : The intrapersonal communication regarding perceived success or failure in a particular situation is called:
A : self-talk
B : inner-talk
C : interference
D : inexperience

Correct Answer : A

20 : _____ people experience lower levels of public speaking apprehension.
A : introverted
B : secure
C : alpha
D : extroverted

Correct Answer : D

21 : The most common cause of public speaking apprehension is _____.
A : fear of laughter
B : negative self-talk
C : anxiety
D : none of the above

Correct Answer : B

22 : The theory that suggests that most of us become apprehensive because we dont know how to plan or prepare effectively for a public presentation is _____.
A : the speech apprehension theory
B : the communibiological theory
C : the skill deficit theory
D : structuration theory

Correct Answer : C

23 : Observing how your friends and family members react to speaking in public is known as _____.
A : modeling
B : performing
C : reinforcing
D : confrontation

Correct Answer : A

24 : According to communication orientation motivation (COM) techniques, in performance orientation, the speaker views the audience as _____.
A : good listeners
B : hypercritical judges
C : inferior to the speakers topic
D : not worthy of hearing the speech

Correct Answer : B

25 : Using presentational aids and dressing up for your speech are two specific techniques your book gives for _____.
A : achieving your speech goal
B : training public speaking skills
C : reducing speech anxiety
D : sharing your ideas

Correct Answer : C

26 : _____ helps reduce anxiety by assisting you in picturing yourself giving a masterful speech, and helps you overcome cognitive and emotional symptoms of apprehension.
A : Communication orientation motivation (COM)
B : Visualization
C : Systematic desensitization
D : Cognitive restructuring

Correct Answer : B

27 : The _____ technique can help reduce anxiety as you gradually visualize and then engage in increasingly more frightening speaking events while remaining calm.
A : communication orientation motivation (COM)
B : visualization
C : systematic desensitization
D : cognitive restructuring

Correct Answer : C

28 : The approach to public speaking where speaking is viewed as an opportunity to engage in conversation with topics of importance and focuses on getting your message across is called:
A : communication orientation
B : visualization
C : relaxation
D : cognitive restructuring

Correct Answer : A

29 : You should choose a topic that you _____.
A : think is funny
B : do not care about
C : feel is relevant to your needs
D : know something about

Correct Answer : D

30 : A specific statement of what you want your audience to know, believe, or do, is called the:
A : speech plan
B : canons of rhetoric
C : speech goal
D : summation

Correct Answer : C

31 : Presenting your main points in _____ order from first to last will help your audience understand and remember them.
A : topical
B : chronological
C : ascending
D : descending

Correct Answer : B

32 : The process of _____ involves tailoring the information in your speech to the needs, interests, and expectations of your listeners.
A : audience analysis
B : listener analysis
C : audience adaptation
D : listener respect

Correct Answer : C