Public Speaking The Inside Word 1st edition Staley Test Bank

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Chapter 2 How Can I Manage My Anxiety?

MULTIPLE CHOICE

1. The most common type of anxiety that causes fear of public speaking is known as:
   a. Social anxiety
   b. Social discomfort
   c. Social hesitation
   d. Social debilitation
   e. Social trauma

   ANS: A DIF: Easy

2. Anxiety interferes with the daily lives of _____ Americans.
   a. 20 million
   b. 40 million
   c. 50 million
   d. 100 million
   e. 30 million

   ANS: B DIF: Easy

3. People who go to great lengths to avoid public speaking in a group situation, and even experience physical symptoms when doing so, are known as:
   a. glossophobics
   b. agoraphobics
   c. xenophobics
   d. acrophobics
   e. sociophobia

   ANS: A DIF: Easy

4. The Communication Anxiety Graph published in the Communication Education journal reports that anxiety levels are highest immediately before and during the first _____minutes of a presentation:
   a. three
   b. one
   c. two
   d. five
   e. none of the above

   ANS: C DIF: Easy

5. One way to channel anxiety is to use the emotion as _____.
   a. visualization
   b. energy

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c. excitement
d. dread
e. B&C only

ANS: E DIF: Easy

6. Nonproductive thoughts that run through your head before, during, and after a speech are considered _____ aspects of public speaking anxiety.
a. emotional
b. cognitive
c. undesirable
d. behavioral
e. physiological

ANS: B DIF: Moderate

7. Negative feelings you experience relating to a speech such as disappointment, frustration, and sadness are considered _____ aspects of public speaking anxiety.
a. nonproductive
b. cognitive
c. physiological
d. behavioral
e. emotional

ANS: E DIF: Moderate

8. Why is looking over the heads of your audience considered a myth as a public speaking strategy?
a. Eye contact is a societal norm.
b. People who don't make eye contact are seen as disinterested.
c. You lose important connection with the audience.
d. Not making eye contact can be construed as arrogant or socially awkward.
e. All of the above

ANS: E DIF: Easy

9. If you say, "Oh no! I totally forgot that last part," during your speech, what are you forgetting to consider about giving your audience this information?
a. Your audience doesn't have a script of your speech.
b. Your audience doesn't know what was supposed to be included or excluded.
c. Your audience doesn't care about your content to know what you missed.
d. Admitting a mistake to your audience will undermine your credibility.
e. A&B only

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ANS: E DIF: Moderate

10. In order to use mindfulness as an anxiety-reducing strategy, you would do all of the following except:
    a. Yawning
    b. Talking with your tongue out
    c. Rolling your eyes
    d. Shaking out your limbs
    e. Pressing your toes on the floor to get the sensation of forward momentum.

    ANS: C DIF: Moderate

11. Zeroing in on something that you might have done wrong during your presentation is also known as:
    a. personalizing
    b. catastrophizing
    c. polarizing
    d. peepholing
    e. anxiety

    ANS: D DIF: Moderate

12. If you think about the day of your speech and imagine yourself walking confidently up to the speaking area, then beginning your speech by connecting your eye contact with your audience, this is a strategy known as:
    a. imagery
    b. visualization
    c. positive thinking
    d. mindfulness
    e. none of the above

    ANS: B DIF: Moderate

13. An awareness of thoughts, feelings, sensations, and surroundings in the present moment is known as _____.
    a. mindfulness
    b. thoughtfulness
    c. critical thinking
    d. visualization
    e. meditation

    ANS: A DIF: Easy

14. Thinking that your speech has to be pure perfection is a hallmark of negative thinking called _____.
    a. catastrophizing

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b. polarization
c. personalization
d. perfectionism
e. peepholing

ANS: B DIF: Easy

15. What strategy can "shift your brain out of panic mode and into retrieval mode"?
a. Picturing the audience in their underwear
b. Starting your speech with a joke
c. Deep breathing
d. Visualization
e. Memorizing your first three lines of your speech

ANS: E DIF: Moderate

16. According to experts, a general rule of thumb is that if your speech is five minutes, you would ideally spend _____ hours preparing your speech.
a. ten
b. two
c. five
d. one and a half
e. two and a half

ANS: C DIF: Moderate

17. If you feel butterflies in your stomach and say to yourself, "Oh, I must feel a little nervous about my upcoming presentation," rather than go into a full-blown panic attack, how does this rational self-talk relate to mindfulness?
a. You realize that thoughts are not facts.
b. You realize that feelings are uncomfortable, but not dangerous.
c. You realize that feelings don't have an intrinsic meaning.
d. You realize that those sensations are an indication of alive-ness.
e. All of the above

ANS: D DIF: Moderate

18. Your boss discloses right before a big meeting that they actually have a fairly significant fear of public speaking. When you ask your boss, "Why do you agree to do it then?" your boss responds, "Well, I have to, and I also know I won't die from it." Your boss's response highlights what truth about public speaking?
a. Your boss fears death more than public speaking.
b. About 80% of the population may feel apprehension about public speaking, but they know they can get through it.
c. It is normal and expected to panic during work presentations.
d. Only people who are higher paid are expected to do presentations.

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e. You may have to do public speaking in your job, so you might as well get over it.

ANS: B DIF: Moderate

19. You feel yourself starting to sweat a little during your presentation and your stomach has butterflies. Your audience is attentive, seemingly unaware of your physiological reaction. What reality of public speaking does this experience represent?
    a. The audience probably has their own anxiety about speaking.
    b. Unless you actually pass out, the audience probably won't know how nervous you are.
    c. The audience only cares about you finishing your speech; they don't care what you look like.
    d. Your audience is watching closely and will notice all of your physiological reactions.
    e. A&B only

    ANS: E DIF: Moderate

20. Timur's hands start shaking during his speech and he begins to blink more than usual. Which part of public speaking anxiety does this represent?
    a. Behavioral
    b. Cognitive
    c. Psychological
    d. Emotional
    e. Physiological

    ANS: A DIF: Moderate

COMPLETION

1. If you fidget or tap your fingers on the lectern, this reveals the _____ aspects of public speaking anxiety.

ANS: behavioral DIF: Moderate

2. If you start sweating, feeling a bit queasy, and your heart starts pounding, this reveals the _____ aspects of public speaking anxiety.

ANS: physiological DIF: Moderate

3. If you are certain that you will faint during your speech, this is a hallmark of negative thinking called _____.

ANS: catastrophizing DIF: Easy

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4. Using _____ in your speech can give you something to think about so you aren't as focused on feeling nervous.

ANS: visual aids DIF: Easy

5. If you notice someone starting to drift off during your speech, and you feel certain it's because you are too boring, this is a hallmark of negative thinking called _____.

ANS: personalizing DIF: Moderate

6. According to research, _____ is the third most prevalent psychological issue after depression and alcoholism.

ANS: social anxiety or social phobia DIF: Easy

7. When you are able to reframe your anxiety as excitement, you will come to see your speech as a/an _____.

ANS: opportunity DIF: Easy

8. In order for visualization to be effective, you can practice in your head and out loud, but both strategies should be _____ for maximum impact.

ANS: repeated DIF: Moderate

9. Black and white thinking or "pure perfection" versus "total disaster" thinking is known as the hallmark of negative thinking called _____.

ANS: polarization DIF: Easy

10. Experts say that as a general rule of thumb, each hour of preparation translates into _____ minute of actual speaking.

ANS: one DIF: Easy

SHORT ANSWER

1. The author discusses that "fear is an evolutionary response that helped guarantee continuation of the species" and that fear that triggers survival instinct can save our lives. Without the same worries as our ancestors of being chased by a wild animal, how can fear be motivating in our current times?

   ANS: Responses will vary.

   DIF: Moderate

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2. Why is rehearsing in front of a mirror considered a myth as a strategy to overcome speech anxiety?

   ANS: Responses will vary.

   DIF: Moderate

3. What is the relationship between using visual aids and managing speech anxiety?

   ANS: Responses will vary.

   DIF: Moderate

4. Why is starting with a joke considered a myth as an anxiety-reduction strategy?

   ANS: Responses will vary.

   DIF: Moderate

5. Why does the author say that visualization must be detailed in order to have maximum positive effect?

   ANS: Responses will vary.

   DIF: Moderate

6. Write a sample visualization "script" that can be used by a speaker, following the author's suggestions that the visualization must be a) detailed, b) positive, and c) repeated.

   ANS: Responses will vary.

   DIF: Moderate

7. Why does the chapter state that if you are nervous about something, it signals that the activity matters to you? How can you apply this idea to your upcoming speech?

   ANS: Responses will vary.

   DIF: Moderate

8. The chapter states that anxiety can be transformed into excitement, and then your speech then becomes an opportunity, rather than something to endure. What opportunities may present themselves to speakers who are able to make this shift?

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ANS: Responses will vary.

DIF: Moderate

9. One of the mythical public speaking strategies includes, “Look over the heads of your audience members.” What are some perceptions that an audience may have when a speaker doesn’t make eye contact?

   ANS: Responses will vary.

   DIF: Easy

10. How can a speaker who tends to “peephole” use positive self-talk to reframe their speaking experience?

    ANS: Responses will vary.

    DIF: Moderate

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