Giving a Great Oral Presentation

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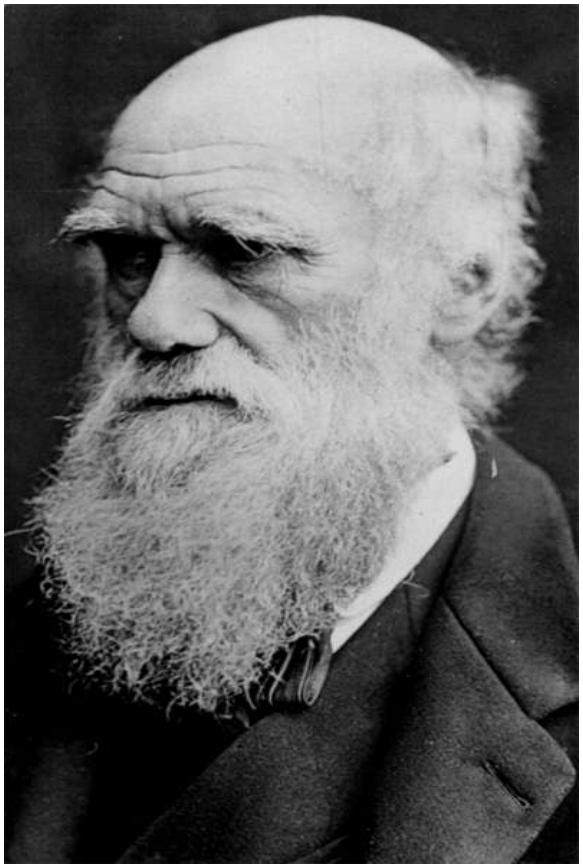
Surveys show that the #1 fear of Americans is public speaking. Death is #2. That means that at a funeral, the average American would rather be in the casket than doing the eulogy.

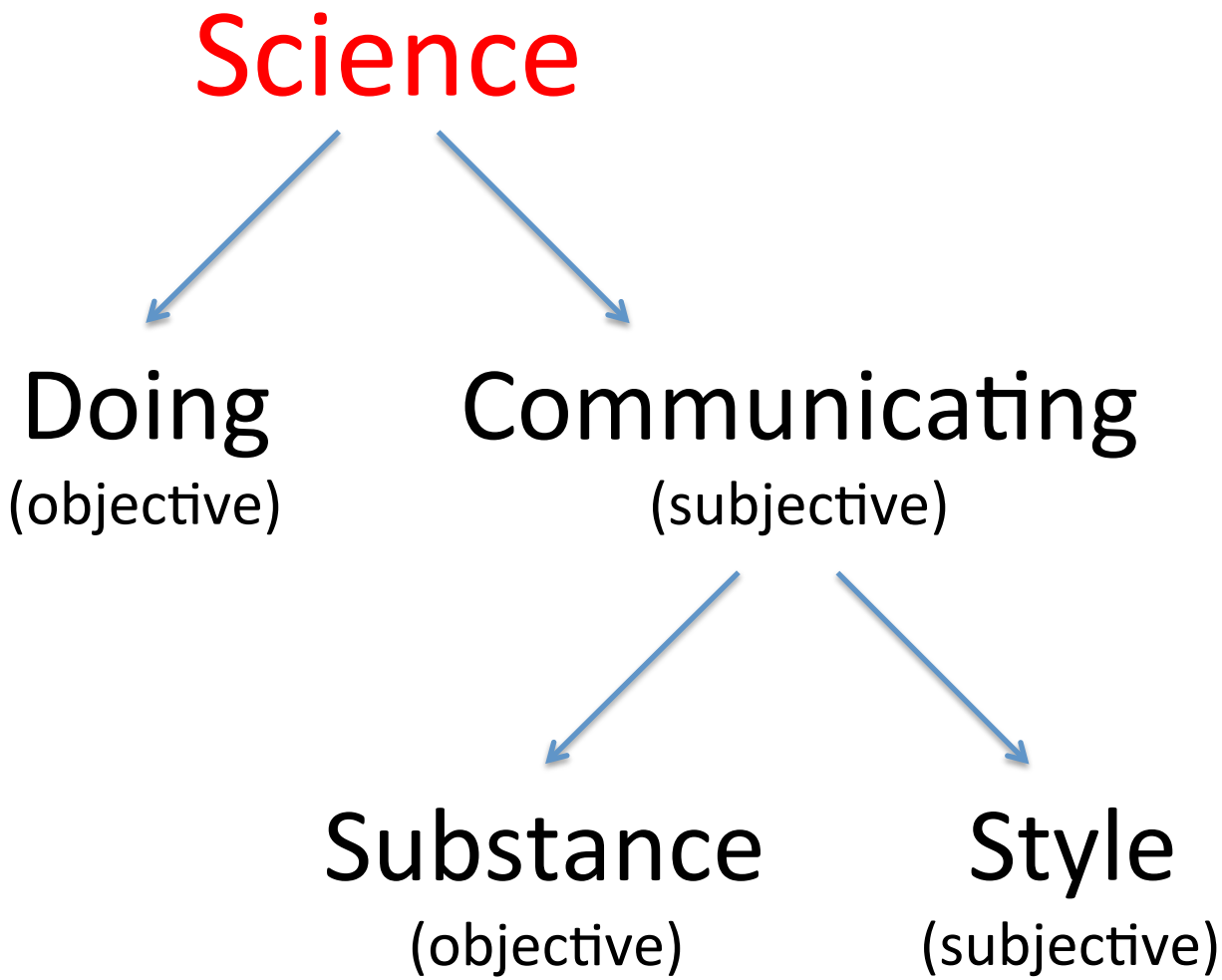
Science

Doing
(objective)

Communicating
(subjective)



Modern Synthesis in 1940s

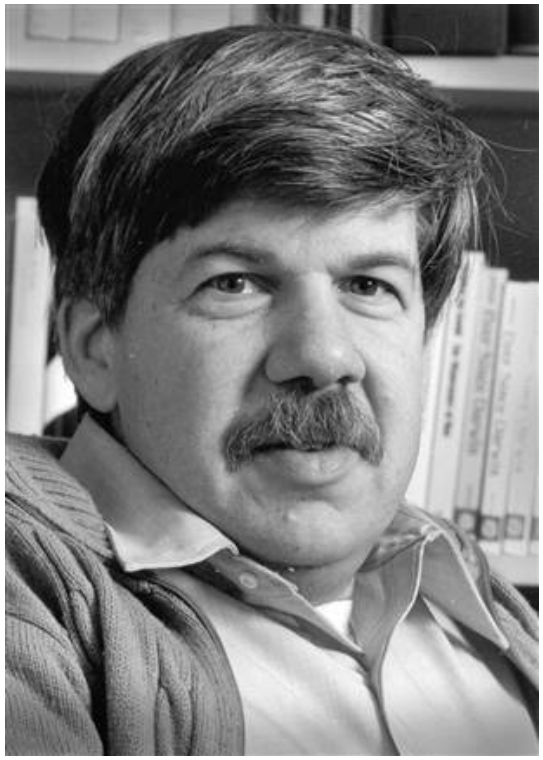

Science
Doing
(objective)
Communicating
(subjective)
Substance
(objective)
Style
(subjective)

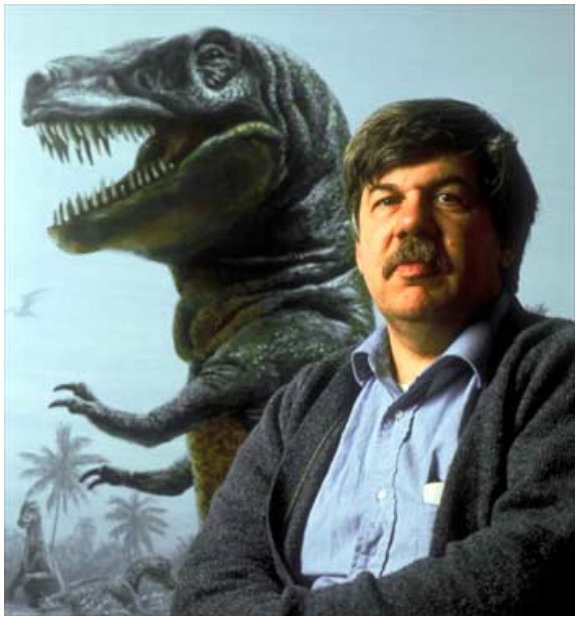
Herr Doktor Heishman's

10 Rules for a Great Talk

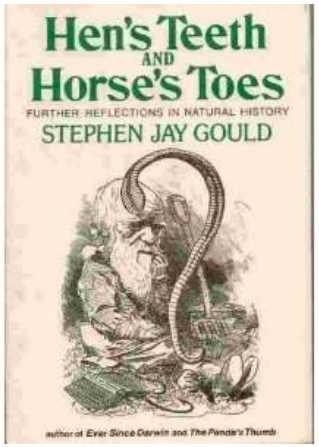
Rule 1: Arouse and Fulfill

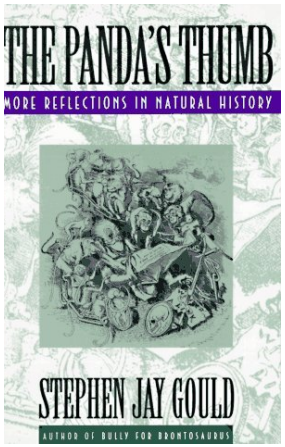
- Hook the audience
- Fulfill their expectation
- Motivate, then educate

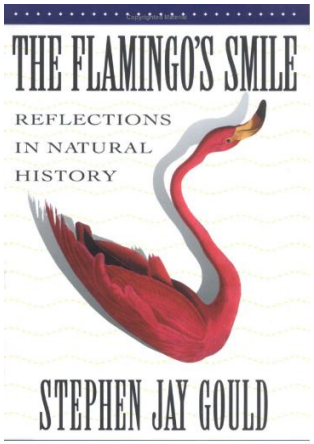


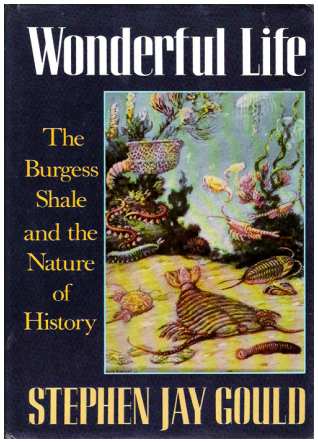


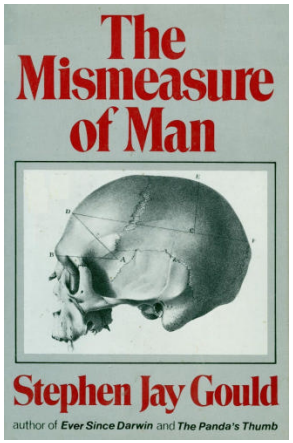
Stephen Jay Gould







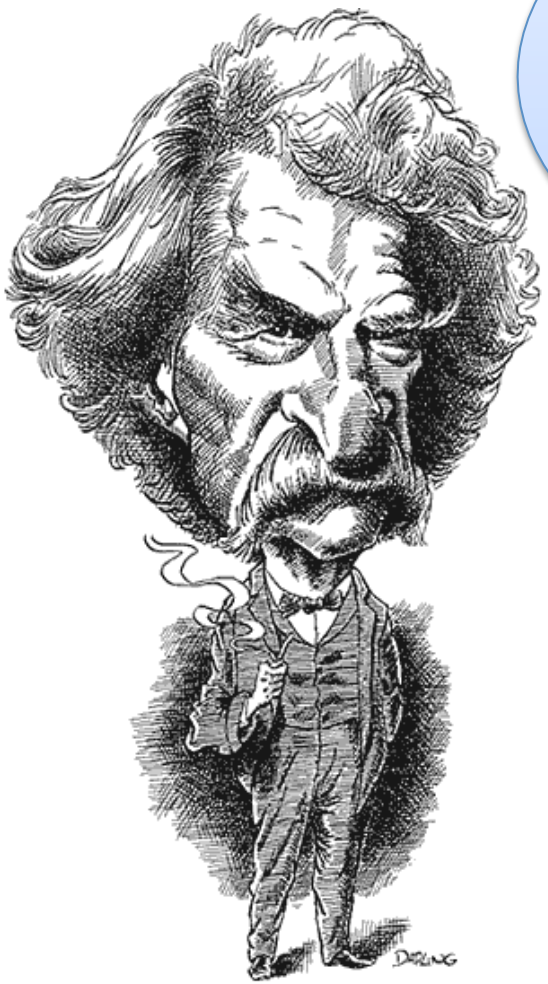




Preparing Your Talk

Rule 2: Know Your Audience

- Audience determines talk
- Who are they and how many?
- Why are they here?
- What do you want them to know?
- If invited and don’t know, ask



It usually takes me more than three weeks to prepare a good impromptu speech.

Rule 3: Don't Procrastinate

- Make a schedule
- Same as writing a paper
- Set aside time each week

Weeks before talk	Activity
6	Background reading
5	Outline talk
4	Make slides
3	Practice
2	Revise
1	Final practice

Rule 4: Tell a Story in 3 Acts

- Act One
  - Hook, intro, your question & hypothesis
- Act Two
  - Things happen, methods & results
- Act Three
  - Interpretation & synthesis

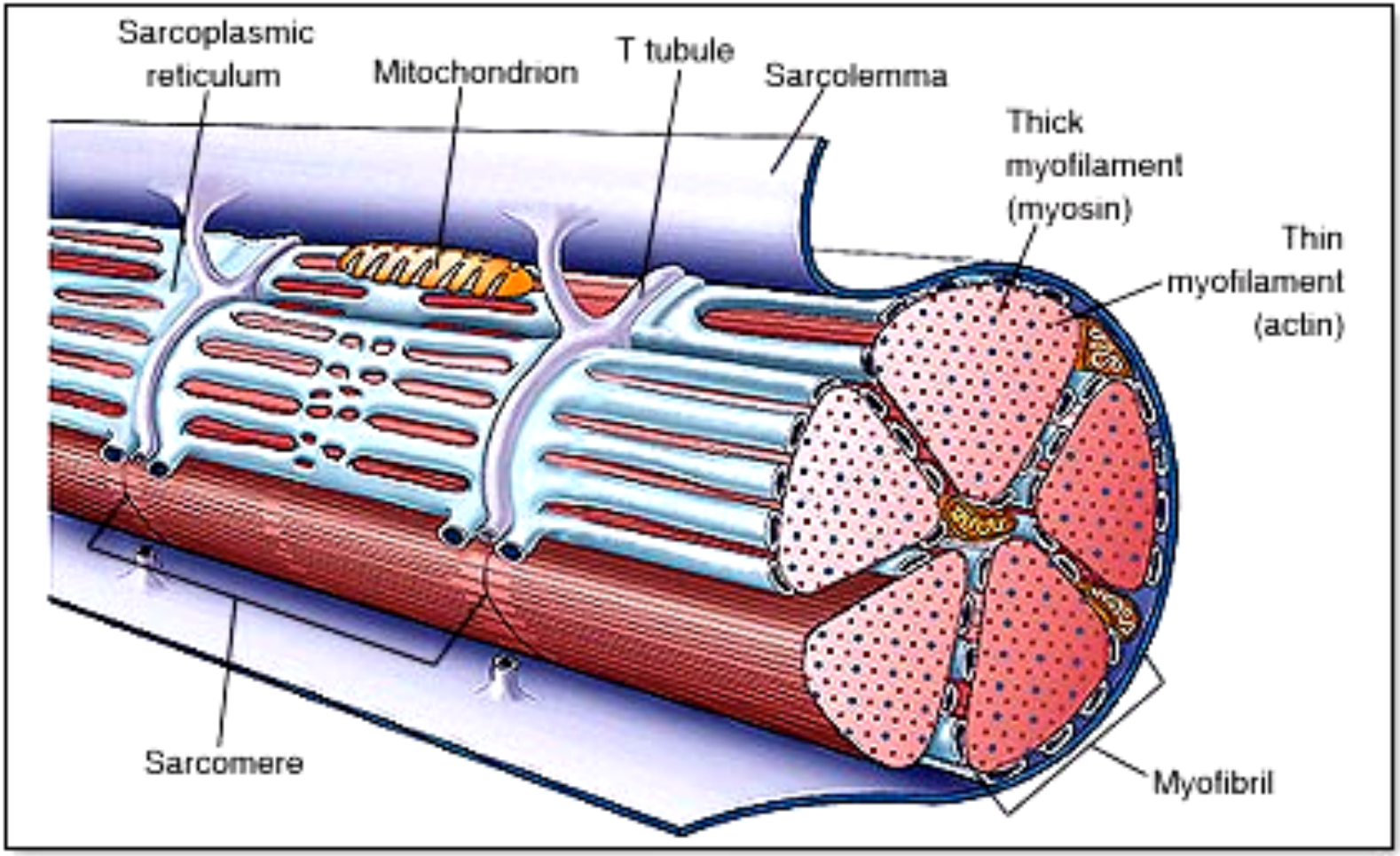
Going From Outline to PowerPoint

- Descriptive title; slides are prompts
- 4-6 bullets, 5 words per bullet
- Arial, Calibri, Cambria (not Helvetica)
- Titles: 36-44 pt, text: 24-36 pt
- Black text on white background
- Graphs & labels easily readable

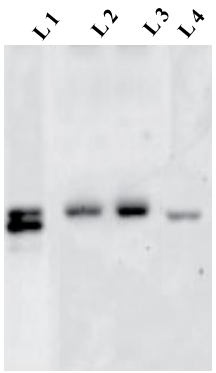
Muscle Contraction

- A specialized endplasmic reticulum called the sarcoplasmic reticulum (SR) surrounds each myofibril, following the sarcomeric pattern while maintaining an association with the the t-tubules.
- The SR acts as a calcium storage reservoir for the facilitation of muscle contraction through the release of calcium through the calcium release channel.
- The brain sends an electrical signal along the muscle sheath and down the T-Tubule. This signal initiates calcium release.
- The binding of calcium within the myofilament arrangement allows for binding between the myofilaments resulting in the sliding of the filaments which is known as contraction.
- For relaxation, calcium is removed via the sarcoplasmic reticulum's calcium pump causing the myofilaments to move to their original positions resulting in the relaxation of the muscle

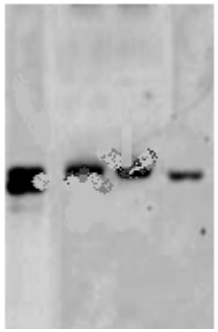
Muscle contraction is facilitated by Ca^{2+}



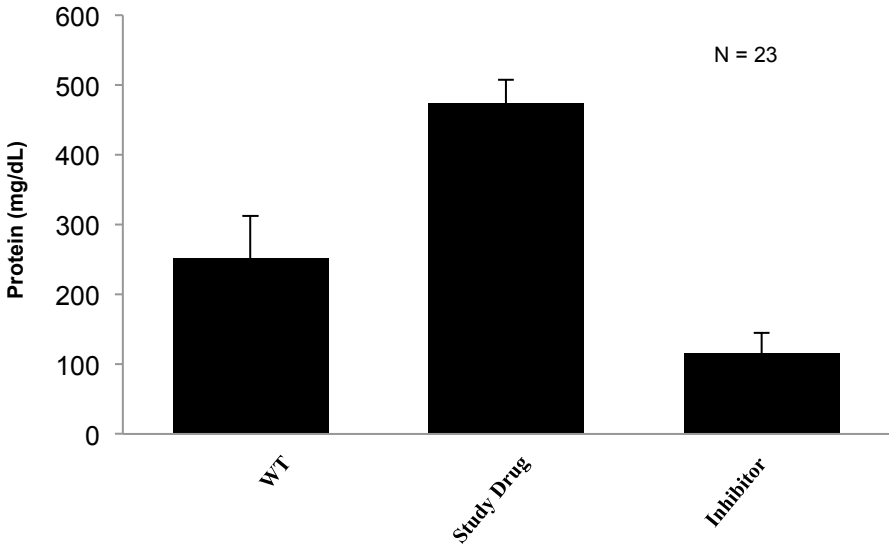
Results



Trial 1

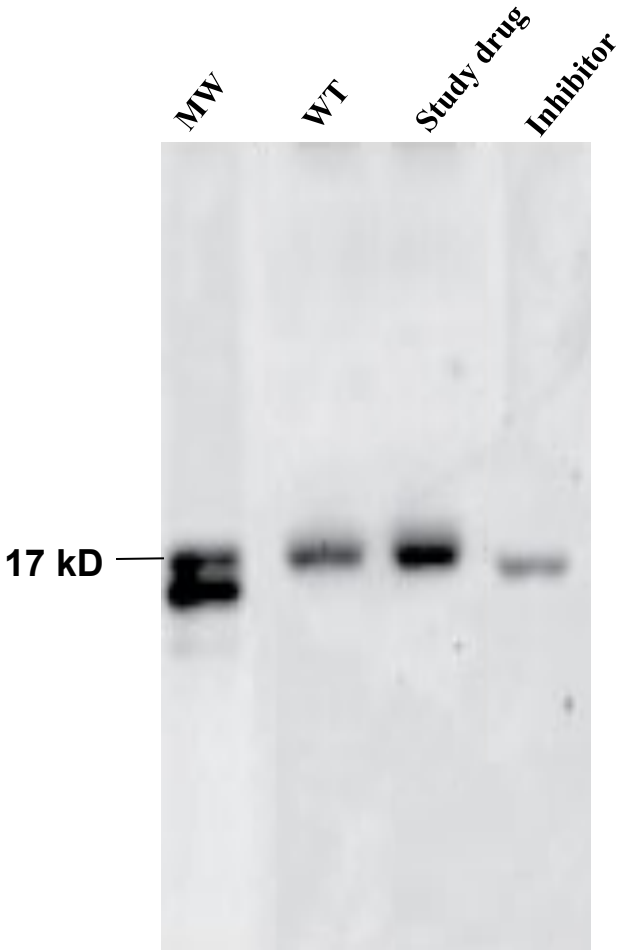


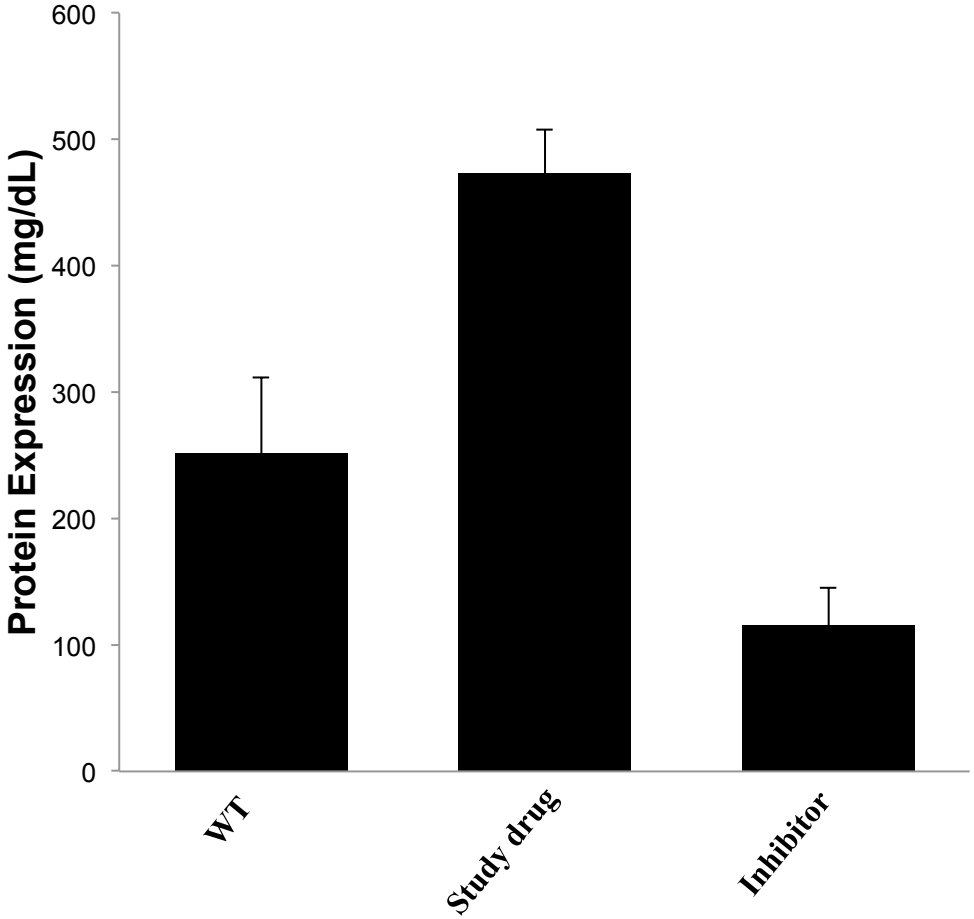
Trial 2



- 50 uM of study drug with 40 min incubation at 34o C
- Gel electrophoresis
- Western blot analysis
- Study drug increases protein expression as opposed to wild type

Study drug stimulates protein expression





N = 23

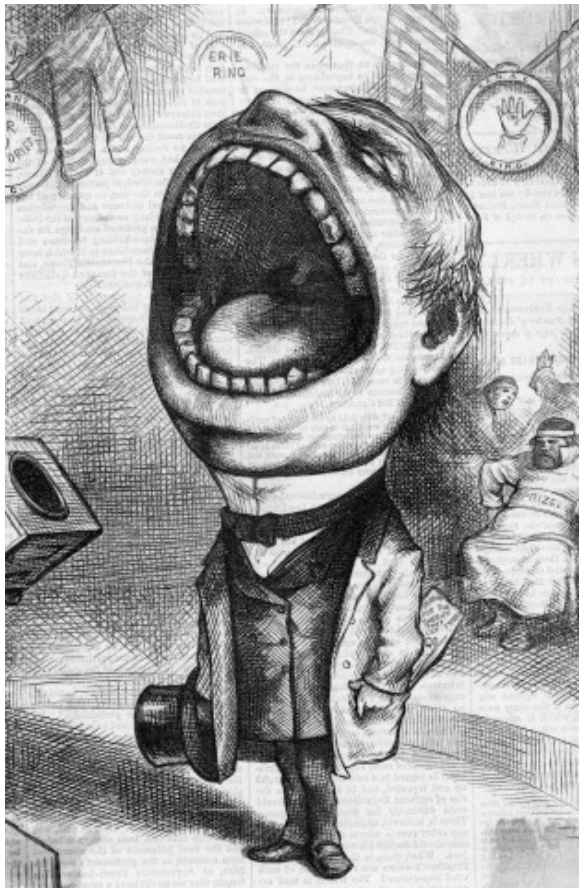
Rule 5: Practice Early and Often

Practice

Practice

Practice

Delivering Your Talk



Rule 6: Managing Your Anxiety

- Preparation & practice ➔ confidence
- Imagery exercises
- Visit room before talk
- Arrive early & run through slides
- Relaxation, deep breathing
- Audience is your friend

Rule 7: Don’t Read Your Slides

Corollary 7a: Look at audience

Muscle Contraction

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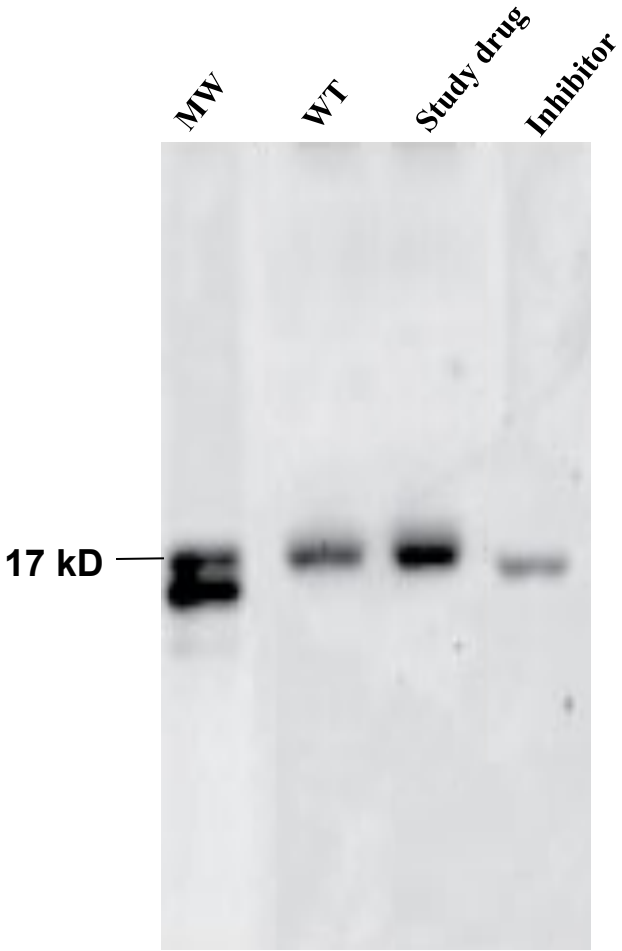
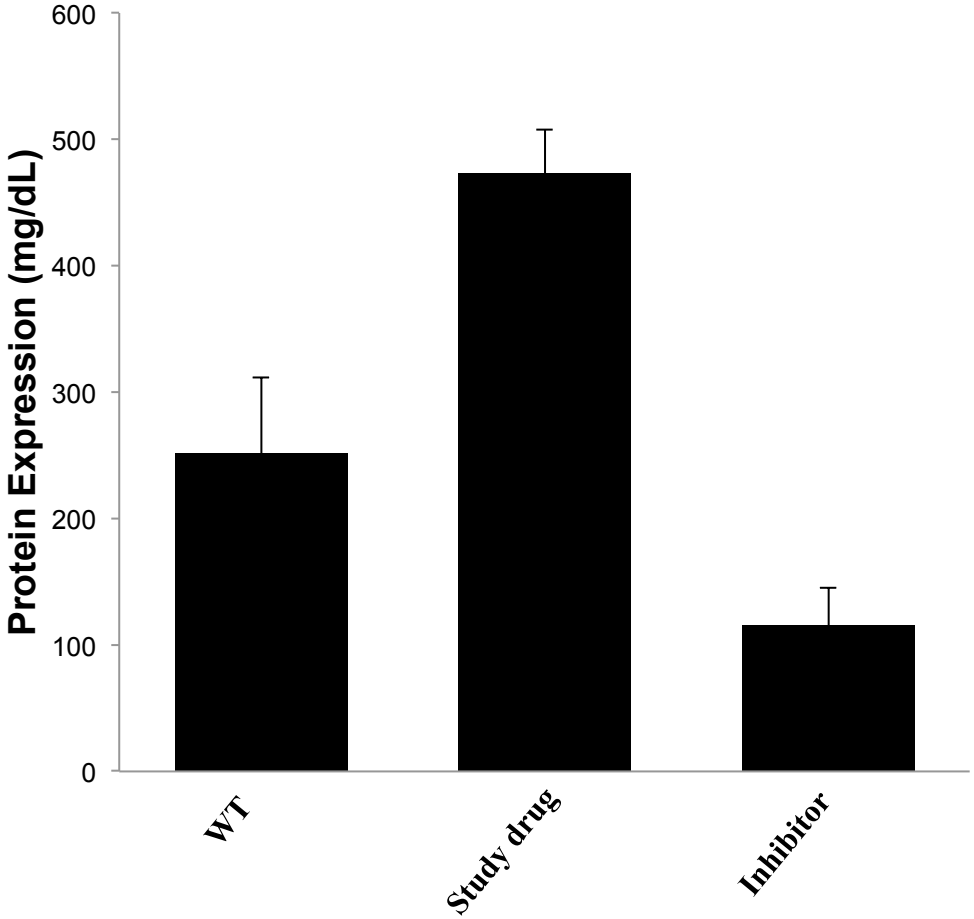
Rule 7: Don’t Read Your Slides

Corollary 7a: Look at audience

Corollary 7b: Don’t put on a laser show

Study drug stimulates protein expression





N = 23

Rule 8: Respect Your Audience

- Don't **EVER** run over time
  - Talk for 75-80% of total time
  - About 1 slide per minute
- Don't **EVER** apologize for a slide

Rule 9: Anticipate Questions

- Specifics of your research
- Theory & practice
- Past & present
- Quirky questions

Rule 10: Be Yourself, but Maybe Fake It

Nonverbal expressions of power and dominance and how they affect **our** behavior

USA
7

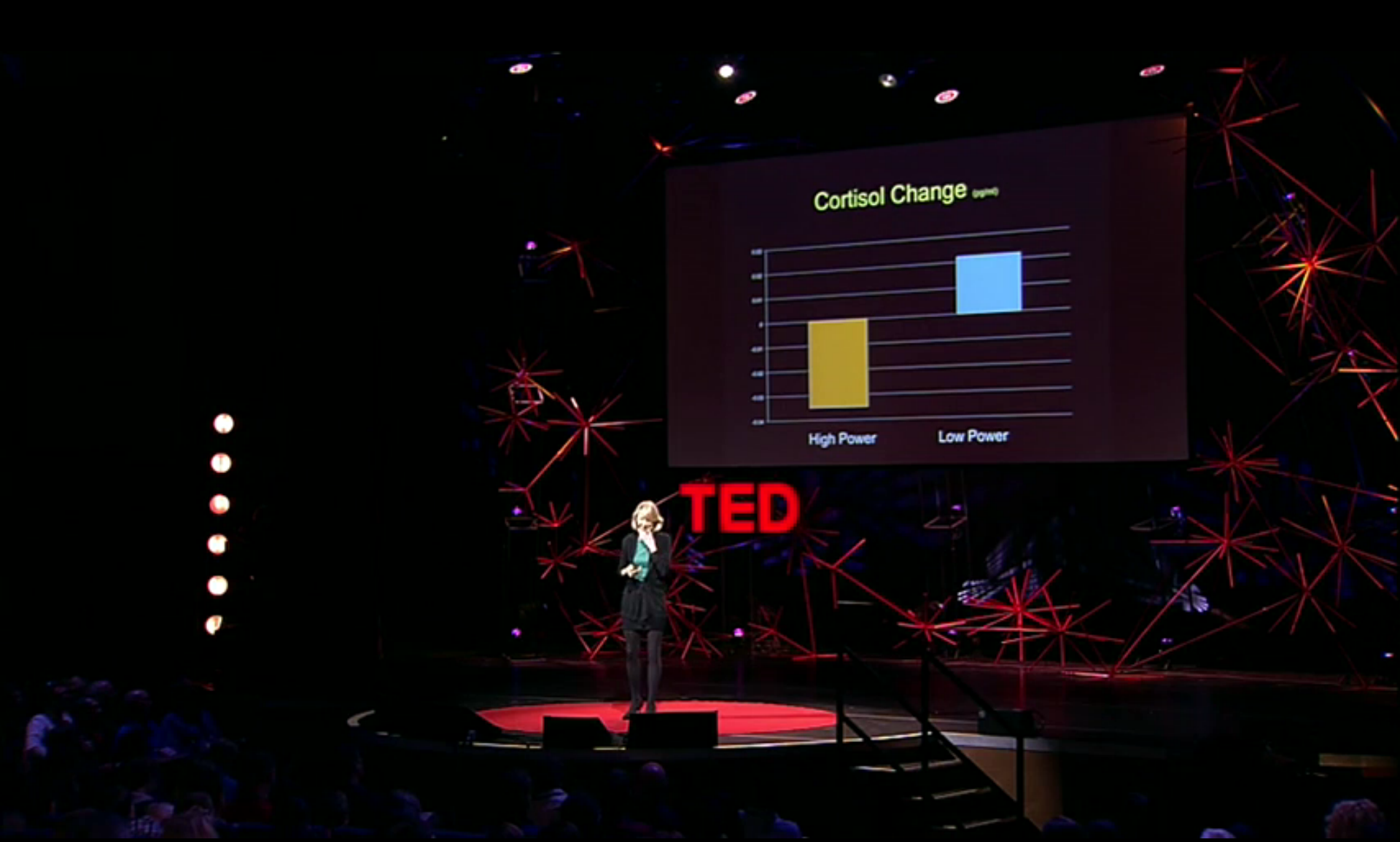
Laboratory Experiment

High Power Pose Condition:

More risks, ↑ testosterone, ↓ cortisol

Low Power Pose Condition:

Fewer risks, ↓ testosterone, ↑ cortisol


Cortisol Change
High Power
Low Power
TED

Rule 10: Be Yourself, but Maybe Fake It

- Cuddy: fake it until you become it
- Be likeable, smile
- Critical for job talk or interview
- Treat every talk as a step to the next level

10 Rules for Talking Success

1. Arouse & fulfill
2. Know your audience
3. Don't procrastinate
4. Outline your talk
5. Practice early & often

10 Rules for Talking Success

6. Manage your anxiety
7. Don’t read your slides
8. Respect your audience
9. Anticipate questions
10. Be yourself

“There are two things more difficult than making an after-dinner speech: climbing a wall leaning toward you and kissing a girl leaning away from you.”