Goal 3.2 Reflection

A great scientist can proficiently communicate to anyone orally. If you are not good at public speaking, then you are advised to practice or take a class. In my opinion this is one of the most important skills to have in the scientific community. You have to be able to present proposals, experimental designs, presentations, and so much more. Longwood has ensured that all of its students majoring in the sciences are skillful at public speaking.

The first presentation that I have listed is the global amphibian crisis. This presentation was a group presentation that required us to orally present and express the important of the crisis. Every member has to have a strong and confident voice, if not then no one will listen or truly care. I feel that this was one of my easier presentations because it did not require that much information. With that being said this presentation did require knowledgeable presenters because at the end we were subjected to questions from students and the professor. This was something I was remotely used to, but it still keeps you on your toes because you don’t know what will be asked of you.

The second presentation listed is, “Is the Plastic Use Worth the Environmental Cost?” This presentation taught me knew interactive ways to present orally. My professor had us write an in-depth presentation for him, the students, and viewers. The presentation was recorded for other viewers to access, and once the presentations were over, we were asked to write a reflection on our performance. I have never been videoed for a presentation, but I enjoyed it a lot. I was able to reflect on things I didn’t even know I did and reduce any future distractions I might cause the audience.

The last presentation listed tests the differences in lung volume and lung capacity between long-term cigarette smokers, vapers, and non-smokers. This presentation also threw me for a loop. Instead of presenting our gathered data we had to collect evidence on why we should be allowed to do the experiment. We also only presented our proposal presentation to our professor. Once we were done, he gave us constructive criticism on our experiment as well as new ideas to explore. This was something that I was not used to and quite honestly it made me a little uncomfortable. I am used to a large audience and it is easy to scan your eyes around the room without making actual eye contact with viewers. This was a completely different experience because we were forced to show all attention to one member.

Longwood as well as its professors and courses has done nothing but strive to improve our public speaking skills. Public speaking is one of my most favorable skills. I won states in public speaking and feel confident enough to present with no hesitation. Thanks to my classes I was able to learn new ways to present and learn how to adapt when presented an uncomfortable and foreign task. This skill will be very valuable for me once I obtain a job. Employers will expect me to confidently and professionally present my information.