

Describe a talk you gave to a group of people (演讲经历)

You should say:

Who you gave the talk to

What the talk was about

Why you gave the talk

And explain how you felt about the talk.

说明：在这里 talk 指的是任何大大小小的在人前的讲话, 可以是大型的演讲, 也可以是当着一群人的 presentation。

知识点：

- give a talk/ give a speech/ deliver a speech 常用的动词 give, deliver

- Nervous 紧张的

I always get nervous before giving a speech in front of a large audience.

- Anxious 焦虑的

She felt anxious about delivering the important presentation to her colleagues.

- Butterflies in the stomach 胃里有蝴蝶, 紧张或小鹿乱撞的感觉

I had butterflies in my stomach before stepping onto the stage to give my speech.

- Stage fright 舞台恐惧症

Many people experience stage fright when they have to speak in public.

- Prepared 准备充分

I spent hours preparing for the speech to make sure I was well-prepared.

- Engaging the audience 吸引观众

A good speaker knows how to engage the audience and keep their attention (锁住观众的注意力) throughout the speech.

- Captivating 迷人的

The speaker delivered a captivating speech that held the audience's interest from start to finish.

- Can hear a pin drop 能听见针掉的声音，形容观众群一片寂静

The speaker had the audience so captivated during the speech that you could hear a pin drop in the room.

- Spotlight 聚光灯

When I stepped onto the stage, the spotlight was on me, and all eyes were on me.

- Podium 讲台

The speaker confidently stood behind the podium and began their speech.

- Applause 掌声

The audience burst into applause at the end of the inspiring speech.

- Silent anticipation 静默期待

The room was filled with silent anticipation as the speaker took a pause before continuing.

Back in high school, I decided to sign up for/ take part in a speech competition in the school. I had always been very nervous when speaking up (公开讲话) in front of people. I wanted to challenge myself and combat the fear (克服恐惧) of public speaking. The topic I chose was about "bravery in life", I know, haha, talking about being brave.

As I stepped onto the stage (上台), stood behind the podium (站到演讲台后面), I saw a large audience, like 1000 people or something. When the spotlight was on me, when I saw all eyes being on me, I panicked (紧张崩溃) right away! I had the stage fright! My heart was pounding (心脏乱跳). I could hear my heart beat, like it was ready to jump out of my chest (感觉心脏随时做好准备跳出胸腔). I couldn't even open my mouth and talk

properly. The first few seconds were filled with awkward silence (被尴尬的死亡寂静占据) .

I asked myself, what was the worst case (最糟又能怎样) ? People laughing at me? so what? They didn't even have the courage to come up to the stage like me. At least I was braver than them, right? I did this pep-talk (做了鼓舞士气的话) in my own head and then started my speech. As I delved deeper into my speech (随着我逐渐进入到我的演讲中) and found my rhythm (找到自己的节奏) , I gradually warmed up (暖身了) and gained confidence.

The turning point (转折点) came when I shared my personal experiences of overcoming challenges through bravery. I opened up about my fear of public speaking. The vulnerability in my words resonated with the audience (我的语言中的字里行间的脆弱之感给他们带来了共鸣) . I could clearly feel that their attention grew as they connected with my journey.

By the end of my speech, the audience burst in applause (热烈鼓掌) . I was feeling on top of the moon (月亮之上, 极度开心) and experiencing a profound sense of accomplishment and personal growth (成就感和自我成长的满足感) . The experience taught me that with determination and a willingness to step outside our comfort zones (走出舒适区) , we can conquer our fears (克服恐惧) and unlock our full potential (解锁潜力) .

Part 3:

1. What benefits does the internet bring to communication?

Well, firstly, the internet definitely makes long-distance communication (长距离沟通) easier, faster and more cost-effective (划算的) . With just a few clicks and taps (左点点右划划) , we can immediately connect with

people far away, across the globe (全球). In the past, people would have to either make long distance phone calls (打长途电话) or even travel to another location to see each other face to face (面对面). And then secondly, when we think about things like social media platforms through which we can share our lives, our thoughts and ideas and life experiences with all the netizens (网民), including our family and friends, it is a new way of communicating through pressing the like button (点赞) and commenting under each other's posts (在彼此推文下方留言). Another thing is, in the past, you would have to know the same language in order to communicate, but with the internet, you can just read someone's words and then translate those words through translation apps. It breaks down the wall (推倒墙壁) between cultures and languages. In all, the internet definitely promotes communication (促进沟通). (罗列)

2. Which one is better, being a communicator or a listener?

I think they're both equally important. Being a good communicator, being able to express your true ideas and thoughts, deliver the message clearly (传递信息), being able to avoid all kinds of misunderstandings (避免误会), those are valuable skills in personal relationships and professional settings (职业场合). And at the same time, being a good listener is also essential. Having empathy (有共情心), showing respect, and being attentive and active (积极又细心的) when listening can foster deeper connection (建立更深的纽带). You see some people, they are listening, but they're not really listening. They're not really listening with their hearts. And that's when misunderstanding shows up. (原因)

3. What qualities does a person need to have to be a good communicator?

First, being articulate (善于表达的, 口齿清晰) and logically clear (逻辑清晰) is a good quality. A good communicator can express their thoughts and ideas in a clear and logical way, so that it is easy for people to understand. And then respect and empathy, they go hand in hand (齐头并进). A good communicator definitely can put themselves in others' shoes (换位思考), to see things from other people's perspectives, to show respect to different opinions. And then just like I said, being able to not just listen, but actively listen is very important. You need to really pay attention to people. Show your sincerity by asking questions, giving feedback, things like that. And another thing is facial expression (面部表情) and body language (肢体语言). They are the non-verbal part (非语言部分) in communication, but they are also vital. Some people have a very serious frowny face (严肃的皱眉的脸) and that always sends a sign of irritation, which is not necessarily true. Having good facial expression management is also very one of the qualities. (罗列)

4. What qualities do people need to speak in public?

A good public speaker has a lot of confidence and it has a lot to do with their experience (和经验很大关系). The more experience you have in front of the audience, the more confident you will become, and you will conquer your nerves (克服紧张). And, we have to know that preparation is also very important. Going off the cuff (即兴发挥) is almost impossible. If you want to deliver your message clearly and perfectly, you have to prepare your speech draft (演讲稿) and then practice it beforehand. Next, a good public speaker needs to be full of charisma. They have the ability to keep the audience's attention and keep them engaged (让他们保持注意力). They can build the connection without any effort. They can make people laugh. (罗列)

5. What kinds of people often give speeches?

Traditionally, public speeches were usually given by politicians, activists, and business leaders (政客、活动家、商业领袖). But nowadays, we're also seeing the rise of motivational speakers (激励演讲者). These are individuals who may not be super successful in society, but they're really good at lifting people up (提升人们的境界) and inspiring them (启发他人). You might find them on social media, giving powerful speeches either on stage or online. Their main goal is to motivate and empower others (鼓舞和给人带来力量), using their speaking skills to spread positivity (传播正能量). (时间分层)

6. How important is it to be a good listener when communicating? Being a good listener is crucial. Being able to listen attentively and actively, empathize with them and give constructive feedback, making them feel heard is the foundation of good communication. A bad listener will make people feel ignored, unheard, and belittled (感到被忽视、未被听到、被轻视). When a bad listener is listening to you, you know they're not really listening. That's a really bad feeling. And that can actually stop people from communicating with each other. (原因, 反向假设)