



Teacher's Pedagogical Experience and Students' Success Stories in Speaking Class

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Foreword

As the 3rd-semester students, the speaking course was overwhelming yet demanding for all the students of Local A2. Considering they are not from English-speaking countries, the students feel out of their zone. Nevertheless, in 16 meetings, the students learned what speaking is, how to organize the script of a topic, pronounce the words, and deliver speaking in front of the public. All the students managed the meeting despite everything that made them want to give up, but they can all be encouraged and improved. Because of this, in the journey of Public Speaking class, they created their own stories demonstrating the great learning experience.

This project was announced a month before the final assessment, inspired by a movie called "Freedom Writers, a 2007 American drama film". This movie tells us that teaching imparts knowledge and inspires change. The movie was introduced in the speaking for informal interaction course last semester. From this inspiration, students write down their experiences throughout the entire semester of public speaking class. This book is sincere on the Local A2 students' stories in the English Department, Universitas Borneo Tarakan, with different points of view on public speaking. The students needed help exploring the ideas, where or how to begin. However, day by day, based on the students' diaries, they successfully shared the story reflecting how they strived to organize their learning and uplift their skills.

While learning to reflect on the up and down stories in their speaking class, students are evolving their communication to capture the experience into reflective writing. This writing is also a self-assessment for students to improve their language skills and metacognitive awareness. They learned to write a good paragraph, put comprehensive ideas, select lexical choices, and organize structural sentences. Besides, this proved the strong collaboration and autonomous learning as a group of students supported and assisted each other. They believed "no friends are left behind" could be visibly instigated in the class. As the university's rector, this project's output is outstanding, and the student's

effort is much appreciated. Keep working on it to be more knowledgeable, highly competent, and experienced. The lecturer is truly inspiring, and every student deserves a champion.

Tarakan, 10th January 2023

Rector
Universitas Borneo Tarakan

A handwritten signature in black ink, appearing to read 'Adri Patton', written over a horizontal line.

Prof. Adri Patton, M. Si.

A Memory to Remember



Sincerely we wrote our own stories. We are from different backgrounds and dream and struggle in the same direction. A wish in mind if this book gets published one day, whoever wants to read, it could be a motivation to live and step on the same ground. All we have to do is keep fighting because the happiest moment always comes at the end with a strong friendship. Someday we will look back at this journey as a memory, so do not dwell in the past, keep moving forward. Refrain from letting our potential be carelessly expended because we do not feel ready enough! Conquer the fear, and do it. This journey is just the beginning; we still have a long road to go and discover. Good things take time, and there is no need to be afraid of this beautiful journey we are on. Take each day as it comes and make the most of it. For our dear friends, we are written for being extraordinary. We will stand with pride because we will have relentlessly pursued something bright within our souls.

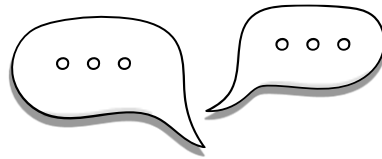
Tarakan, January 1st, 2023
Lokal A2, English Department 2021, UBT
Proudly presented in Speaking Course, 3rd semester
Inspired by Mr Ramli

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Opportunity Is the Diamond; A Teacher's Experience in Teaching Speaking

Ramli

"If somebody offers you an amazing opportunity, but you are not sure you can, say yes – then learn how to do it later!"

Richard Branson

How the Journey Started

Public speaking is a journey; it never ends. These words started my striving when I was interested in being more confident speaking in front of people. I remember being in the third grade of senior high school. I was asked to present a topic in a group discussion. Because of an unprepared and indecisive situation, I decided to skip the school day. The regret haunted me because I could not control the fear of showing who I was. Once having an opportunity to study at university, I trained my English performance through some English communities and discussions. Self-empowerment, like confidence, friend networking, and leadership, was gained in the communities. It contributed to my performance in the classroom.

I was a person who was difficult to interact with. I just felt comfortable with some people I was close to. I enjoy the time with my laptop reading books, watching movies, organizing my kinds of stuff, and studying. Growing up older, I was focused on my own company and sometimes spent my spare time with friends for sharing and refreshments. As a lecturer, I speak in front of my

students to explain, give instructions, provide feedback, discuss topics, and do other activities. Besides, I also joint some international conferences, webinars, and training that required an ability to present our experience and the research focus hypnotizingly. The ability to speak influenced the success of my profession. It proved that speaking in public is needed to support our self and career development. It is a demanding soft skill for everyone who dreams of being an attractive speaker/influencer.

I have been doing my public speaking since I acknowledged one of the international toastmasters and Angora international public speaking. I have met a lot of awesome members whose professional careers are varied. I was challenging myself to explore topics, references, and experiences with other fellows to have rich and deep ideas relevant to my speech. Speaking in front of people needs tough preparation, like reaching references, deciding on themes, organizing ideas, building confidence with intensive rehearsal, recognizing the audience, and reflection. I have ever been pessimistic, saying I cannot perform my English in front of people, I cannot make significant progress, or it is impossible to do in my life because there is nothing much I can do about it. Sometimes we do not realize that we underestimate or judge ourselves. Our abilities are fixed. It is not true. It can significantly improve or change with practice, perseverance, and learning. More than natural ability is required. It needs experience and opportunity for learning. When my lecturer or friend advised me to apply for a scholarship, I followed theirs because the path can help me to grow and improve. I do not protect myself with my ego and sophisticated defence if the feedback is valuable to be a part of our journey. Therefore, a growth mindset is required.

Feedback as Core and Caring to Upgrade

It is hard to accept feedback and deal with it. Critics often make us uncomfortable and emotional. Since I was a university student, I have received various kinds of critical feedback from many people. One of them was my advisor. I had searched many articles, read them, and found topics for my dissertation, but their feedback was that I needed to explore more articles and find sophisticated topics to work on. It made me stop breathing. Then I understood we could not avoid critical feedback as long as we live, no matter

how smart we are. We must learn to tolerate any critical feedback from other people to take into consideration to help us learn and elevate. Japanese author Haruki Murakami said, "*Pain is inevitable, but suffering is optional*". When we get feedback, we have to control our emotions to be more capable of thinking clearly and responding rationally. We must not feel cynical toward the giver of feedback. Just smile, say thank you, and process feedback as a piece of data and information. Maybe feedback is wrong or inappropriate, but 10 per cent of what you need. It is undeniable that when we receive critical feedback, we may deal with our negative emotions or reactions we may be feeling. When we are under-sensitive feelings, we can instantly dismiss the feedback and try to defend ourselves by saying that I am not wrong. Giving feedback is not intimidating but is the core of human relations and caring to see us upgrade.

As a member of toastmasters, I received tremendous feedback, such as opening my mouth and activating my gestures to empower my ideas. You have to talk more actively and my confidence and entry behaviour. Although obtaining feedback hurts and takes us outside of our comfort zone and away from the security of intact self-esteem. We must think positively about how people see and lift us up and willingly consider what they say. Frankly, having an improvement in Public Speaking is an enlightening long journey. Sometimes when presenting our speech, we get a lot of feedback and evaluation to build quality, competence, and confidence. They did not utter criticisms, but a motivating view should be a priority showing care and support because, in public speaking, we grow together and are stronger. As an African proverb says, "if you want to GO fast, go alone, but if you want to GO far, go together".

How I Learn to Speak

From my inventive journey, I can learn there are three keys to becoming an outstanding and attractive public speaker. First, what participants or listeners want to expect in public speaking is *something new*. If we fail to deliver unexpected ideas, it might affect the participants' interest in following our speech. That is how the speaker needs to look into a new issue or topic. Neuroscience studies show that novelty, or unexpectedly presenting new information, is an effective strategy to get and keep someone's attention because it triggers the release of dopamine, a chemical associated with pleasure and rewards, in the brain. Another key is

being *emotional*. If we are about to catch the audience's brain, we must touch their hearts first. To create emotion, you must be authentic. Bring your story as part of your journey. That is called the heart-to-brain approach. As Jason Teteak, international public speaking coach and TEDx speaker, argues, "The crazy thing is that it is *so* much easier to be authentic. Once you embrace your style, you connect with your audience, and they trust you." One purpose of hitting our minds is what we can *remember* from someone's speech. Therefore, to obtain that purpose, ensure that you create a book of stories in your speech. We do not have to say lots of things, but we can organize our ideas into some pieces of ideas. TED or toastmaster speech only talked for 18 minutes to convince the audience with some strong statement that is easy to remember. Finally, create visual aids to support our speech.

Teaching Practices in Public Speaking Course

As a lecturer of speaking subjects, I never stop making reflection and changing every semester to meet the appropriate methods, media, and topics to meet the learning objectives and to boost the students' interest, broaden their insight, and make the learning atmosphere more contextual/ authentic. This course applied varieties of learning methods. Students received projects to explore their competence and responsibility to prepare the topic before performing it in the classroom. To optimize the students' activities, the lecturer briefly introduced what the students were expected to know about speaking for formal interaction. Then they need to apply it in their speech. In some meetings, students are also involved in assessing their peer's speaking progress and helping them improve through their constructive feedback. Applying peer assessment also made students listen to their friends carefully. Besides, students were trained to reflect and find the good points from their performance and notes for improvement through their journals. Some other methods were applied in this class, like discussion, dialogue, report, debate, and uploading their progress through social media to lift their confidence and reduce nervousness. Viewers and their friends much appreciated students.

The presence of technology supporting students' learning atmosphere contributes to education (Diallo, 2014), and technology tools facilitate English learners to become more skilful and creative. The learning applications to

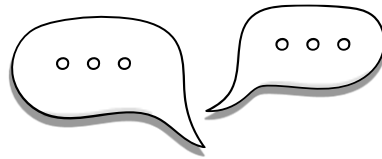
facilitate English skill development, such as listening and speaking, contribute a lot to give some development for both teacher and students. The teacher can bring ICT into classroom practices, and at the same time, the teacher can improve technical skills to create a teaching environment in the 21st century (Ramli, 2018). This course incorporated media to support learning and reference for students to prepare for their speaking. The students accessed some podcasts and media like Ted talk, Toastmasters International, British council podcasts, Youtube, and other English learning channels to model their language use and activate their verbal language and performance style on the stage. With media, students made progress every week and made the class alive.

The topics for speaking were varied. The students needed to explore references from any sources to deliver their speaking every week. The topics were academic, so they found the updated information and enriched their world knowledge about education, social and environment, culture, health, technology, communication, and business. When the students were in the classroom, they usually looked nervous because of the atmosphere of publishing speaking. Therefore, before they delivered their speech, students were stimulated with warming-up activities with their team or group, making casual conversation about simple topics like daily routines, family, weekends, hometown, sports, outings, and gatherings. The pre-activities were intended to motivate and alleviate their focus and readiness to learn.

During the course, students made their portfolios to record their progress. For example, how they get involved in the class, understand the subject, speaking performance, language use, and reflection in general. At the end of the course, they were encouraged to do Reflective Writing. They were free to report what they have been struggling to improve, drawbacks on how they assessed their language capability and confidence before their semester began, various activities during the course, how their speaking was developed, and finally, they bear their belief on their speaking performance. This project was their assessment for learning, and the great project in their class was inspired by the book "Freedom Writers". This project was carefully edited to publish.

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The Fears We Do Not Face Become Our Limits

Arina



Public speaking involves talking in front of a group of people, usually with some preparation. It can be in front of people you know or a crowd of strangers. Most people, at some point in their life, will need to stand up and speak in front of a group. Teaching students the necessary skills to do this will help them do it more successfully (Lighfoot,2010). As a result of the practice, students often report an increase in general confidence and a marked sense of achievement. Many students get incredibly nervous the first time they have to do a speech in front of their classmates, but with practice, the nerves subside, and they usually begin to enjoy the whole process.

Hojanto (2020) revealed that fear stands for False Providence Appearing Real (false signs that seem real). These fears are just "illusions" or made by ourselves. Fear of public speaking is real and can hold you back if you let it. If you feel you

need more confidence when giving your speech, your listeners may pick up on that. More confidence can make your presentation effective. Even if you are not afraid of speaking in public, practice helps you give a more effective speech. If you are in a rush, you may be tempted to skip practicing your speech to save time. Practicing your speech improves your public presentation skills. It also increases your familiarity with the presentation. As a result, your speech will go smoothly. Learning public speaking helps us develop leadership skills and makes us more confident to speak in front of an audience. Some people think public speaking is a very scary thing. Most people prefer to avoid public speaking because many people think that public speaking is very complicated. In fact, according to a survey from America, many people are more afraid of public speaking than fear of death (Senduk,2020). Fear makes our actions limited, not daring to try new things so that no improvement grows in us.

I am amazed and occasionally get chills when I hear individuals talk in public. When you observe someone talk in front of an audience, you can think that person is outstanding, has excellent public speaking skills, and does not feel self-conscious or nervous so that the audience can see or pay attention to the speaker. Najwa Shihab is someone I constantly watch or listen to on TikTok or YouTube. She is one of the people I look up to, and as everyone can attest, she is a skilled public speaker. She is brave, as well as intelligent and smart. Watching Najwa Shihab inspires me always to speak up, whether right or wrong; at the very least, I have to have the guts to voice my viewpoint. "We learn from our failures, and that is an opportunity and an opportunity to continue practicing," Najwa Shihab once said. Feel free to admit when you are mistaken and try again. The important thing is to take risks, seize opportunities, and avoid being caught. So far, I have never learned how to be a good speaker or how to speak in front of an audience. At the beginning of the speaking semester, I was very scared, especially when I had to speak in front of my classmates; I was very scared and embarrassed, especially since my English was poor and not very fluent.

"Who is your role model for success, dream about it!"

Charles Bonar Sirait

In high school, I had a friend whose public speaking was great, and she always exuded confidence in her words. Her performance inspired me to strive. My goal

is to develop my public speaking abilities. I want to express myself confidently in front of others, speak without fear, and have a wealth of knowledge I can impart to others. My dream is to be able to speak in front of groups of people; doing so allows me to do so without embarrassment or fear while also inspiring others and providing them with information. Effective public speaking abilities make it simple to acquire a decent job. I never progressed to speaking during the first meeting because I was nervous and terrified of speaking in front of my classmates and the lecture. It occurred to me how my speaking course would grade me if I needed to prepare to speak while I was at home, and I remarked, "It seems I will never advance to speaking. At the beginning of the meeting, Mr Ramli always gave motivational words:

"Always be confident; never be afraid to make mistakes; you must seize every opportunity."

At the second meeting, I prepared the topics to be discussed for speaking. During the speaking class, I was ready with the topic I would present. However, because of fear and embarrassment, I did not dare to advance in speaking and went home with regrets because my practice was the day before my speaking class. At that time, I felt disappointed and tired, even though I had prepared the topic, because there was still a high level of fear that made me not dare to speak. Trying to generate confidence by saying, "I have to be able to," but those words are without any action. Every day I try to fight all the fear, anger, and lack of confidence in myself and say, "I have to try; I have to do it."

At every meeting, Sir Ramli never tires of saying to us, "How long do you want to do this? You will not, or the result will be stuck if you never try." At the next meeting, I prepared the topic well and practiced to make a better performance in the following meeting. Trying to fight fear, not caring what people think of me, and wanting to know how it feels to speak in front of many people, I dared to move forward even though it was bitter, but I am very satisfied. At the third speaking meeting, I came forward to speak, but I was still afraid and ashamed of my friends in class. Sir Ramli taught us ways to be good public speakers. First, you have to be brave, always face forward and look at the audience, use movement to suppress the sound of words, and use facial expressions and fillers. Now, I applied and enjoyed it. Now every meeting, I can convey my speech with enthusiasm and confidence; even though I am a little

nervous, when I go forward and speak in front of my friend, I feel alive.

The first time I spoke in front of the class, I received excellent feedback, encouraging me to keep speaking at every meeting, even though I frequently had to be called in before missing one. After that, I began to feel confident as I gradually let go of my apprehension and got used to moving forward and presenting engaging themes at each meeting with the help of classmates who were always encouraging. In the speaking course, the first meeting is about describing yourself in 3 words, the second meeting is about the weather, and the third is about diversity; for the first and second meet, I did not attend because I was so afraid, nervous, and panicked I do not dare to go forward. However, as I recall, I went forward to deliver my material at the third meeting on diversity; I was very nervous and not optimal. However, I was very satisfied because I dared to go forward. Sir Ramli once said that you could not improve if you never want to try, so at every meeting, Every time I delivered my speech deliver my script, I tried to get rid of my nervousness. I prepare all the topics in advance so that I am confident to make some progress.

We discussed education at the fourth meeting, and we were told to choose different topics. It was exciting to talk about technology, and my topic was "the effect of technology on student accomplishment." I was hesitant to speak but eventually found the courage to do so. All of my friends responded favourably to what I had to say. I recall that during the sixth meeting, my pals and I jotted down each of our names on a small slip of paper before gathering our friends in front of the table. The topic I chose was "Can you be diligent in becoming a successful person?" because the buddy I made at the sixth meeting was diligent. I was quite exhausted because I had to present an engaging video when we were asked to record our speaking and upload it on Instagram. When making a video, I tried to find bright lighting, and a close friend of mine was there to help, and I could not concentrate at the time and always laughed. In addition, the sound of motorbikes and chickens was also very distracting.

I took the topic "breaking bad habits and developing new ones" up until midterm. Two weeks before the midterm, I prepared the material and was well-prepared to speak. I was the third person to enter the room to speak based on the attendance list. We spoke in front of the video camera in that room. I started my explanation of the subject, and I am happy with the outcomes. The 10th

meeting of the speaking course was a poster presentation. All friends provided very interesting posters with different topics, and at that meeting, we all enjoyed it because the other friends came forward to speak enthusiastically. The most recent meeting was very engaging and quite humorous, where we played roles, had my theatre group adopt the Red Riding Hood story, worked together on practices, and it was extremely enjoyable. I truly enjoyed seeing my friends' drama and got sick of laughing when they were amusing and great because the entire class did. All of the groups performed well, and the production was entertaining. Every play has a profound message that can serve as a lesson for the future.

It left me with a very interesting impression and a lot to learn from the first meeting to the last, with a variety of interesting topics, encouraging and hilarious friends, very guiding lecturers trying to give the best for us in class, never getting tired of providing motivation and support at every meeting, and always respecting every student who dared to come forward to present the prepared speech. I gained much knowledge in this speaking course through my classmates' cooperation, our mutual support, and the lecturers' always-interesting content presented at each meeting, which allowed me to track my progress from meeting to meeting.

"If you want to be a leader, you had better be able to communicate."

-Paul A. Argenti,

When I came forward to speak, my friend's reaction was always, "cool, Arina, good". I was always encouraged by words such as 'encouragement' and 'it is okay, come on, speak well, it is your topic'. Sometimes they do not pay much attention when I come forward to speak, but their reaction makes me happy. When we finished discussing the topic and felt it necessary to conclude, my friends always gave me applause, proving that I had succeeded in conveying the material I had brought. The words of encouragement and encouragement from friends make the feeling of disappointment and shame go away. My friends and I always support each other; we always study together and exchange ideas on all the topics we discuss in each class meeting, and it makes me very happy because My friends always give me enthusiasm. Going forward and presenting a prepared topic takes work, but having friends who support each other makes me even more excited.

The feedback I received as part of my efforts to improve myself was when I

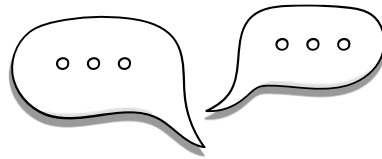
said there were mispronounced words, and I tried to correct and clarify the pronunciation of each word. At the beginning of the meeting, I needed to improve at analyzing the filler. When I speak, I always say (a, and, so, like that); I practice reducing the load by interrupting each word I forgot or repeating what I said before. Sometimes when I am speaking, I am still monotonous, speaking continuously without looking left or right at the listener. With this, I train myself to move left and right when speaking and make movements that emphasize each word, the same thing being said. Reviews from friends have changed me as I speak better without stuttering, articulate clearly, and can see the listener.

I have learned a lot this semester. Being at A2 locally makes me very lucky because I have very supportive friends, have good teamwork, and support each other. The cooperation of the A2 natives makes me very enthusiastic whenever we do something because you always participate in and support class activities. The support from classmates is very encouraging. The friends at Local A2 are funny; they have an attitude that makes us happy. I grew a lot during the one semester of studying public speaking courses. I started to be confident and dare to speak in front of my classmates; there was no fear, and that made me proud of myself, which is true. My performance from meeting to meeting is very positive. I am proud of myself from meeting to meeting, I felt dizzy when I spoke, and I was always ready for each meeting.

Now when I see myself, I feel proud and very excited after taking this speaking course. When you come forward to speak, you feel more enthusiastic and try to show your best on every topic presented. The fear that was always a hassle when speaking in front of many people or class began to disappear as I tried not to care about what people thought of me and gave the best results in every meeting. I will continue to learn how to be a good public speaker and practice, and when there is an opportunity to speak in front of the class again or in front of the public, I want to try it even though there is a feeling of fear and stinging. Small opportunities like asking questions or presenting in class develop public speaking competence. From what I have learned this semester, I am confident when speaking, I am starting to have the courage to express my opinion, and I will continue to train myself to be a good public speaker.

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Learn to Conquer the Fear

Damaris Anton

An essential English talent is the ability to speak. Speak implies that we must talk, deliver a speech, or communicate verbally. Speaking lets us connect with others, shape opinions, and inspire change. Without effective communication abilities, it would not be easy to advance professionally or daily. However, speaking is a complex task. To communicate correctly, we must learn the proper pronunciation and how to speak to sound like native speakers. Speaking is an interactive process of constructing meaning that involves producing, receiving, and processing information (Brown, 1994; Burns & Joyce, 1997).

Speaking is a skill that is taught in the English Education Department without a doubt. Speaking about speaking might be difficult for some individuals. Everyone speaks clearly, but only some have the confidence or the ability to speak in front of a group of people or a class. Because speaking involves more than just talking, it also involves remembering the prepared content so the audience may comprehend what is being said. We must be able to start a conversation even while public speaking is in front of us to make the situation less monotonous and tense. Naturally, as an English education student, there is a course that examines public speaking called "speaking for informal engagement" in the first semester. It changes to "speaking for formal interaction" in the third semester. Speaking Courses in a classroom for formal interaction differs slightly from speaking in a social setting. Since we are still free to say or use language that does not refer to regulations in informal situations, unlike speaking for formal speaking, where we must learn a lot and organize the words

to be utilized, speaking requires speaking.

I was terrified when the college meeting first started. Because I declared a major in which I truly have no expertise, let alone in the speaking Course. In actuality, I was anxious to meet Mr Ramli and everyone. My vocabulary is limited because I speak differently than a good speaker, and I worry that people might have high expectations of me. Because all my friends are brilliant and I am the only one who is not, I am worried about missing out. Speaking in front of the class, I experienced that for the first time.

"Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free."

-Jim Morrison (1969)

According to experts, fear is known as an inevitable emotion of ours. However, it makes many people difficult in daily life. Fear is our experience when we feel threatened (Adolphs, 2013). The above line inspires me much since it teaches me how to face my worries bravely. He instilled the utmost fear in everyone. Most people in this world have always perceived fear as dark and dangerous. A newborn bird is said to be prevented from flapping its wings and flying as high as possible by fear. However, I wish to choose to become friends with my greatest fear, which is distinct from other people. One of the most potent feelings our thoughts can conjure up is fear. It is so intense that it interferes with my capacity to think, makes my voice shake when I talk, and even makes me physically exhausted to the point where I cannot walk, but I persevere.

I am always impressed when I see someone speaking in front of others. Because they appeared in front of them without even feeling uneasy, which I find incredibly amazing and bold. I say this because they are capable of mastering the subject matter when speaking in public or anywhere else. They can easily change the intonation of their speech and command the audience's attention. It encourages me to aspire to their ability to conquer my fear of public speaking.

"Describe yourself in 3 words" was the topic of discussion during the first meeting. Even though this meeting was rife with flaws and worries, I was nevertheless able to get up to talk. I tried to memorize the information I would offer the day before I spoke. I had already prepared everything. However, as I continued to speak, I began to perspire heavily out of fear and mild

embarrassment. I was more assured after hearing myself speak in front of the class since I had successfully summoned the courage to do so, to take Mr Ramli's advice, and to see my classmates' reactions. When I finally got up to talk, I was ecstatic because I could tell that my friends thought highly of me.

The second meeting covered the topic of "weather." I always prepare the speaking material I bring on a Saturday or Sunday. In reality, I learn and comprehend the information I will provide. However, as soon as the speaking lesson began, I started to feel anxious once more, which caused me to forget the information I had been taught to convey when I stood in front of the class. However, I am okay with it because I can also pick up speaking skills from observing my more experienced peers. The third meeting's topic of discussion was "diversity." I created the content that will be given at this meeting. I have yet to memorize the information provided; thus, I am unprepared to talk. I remember being terrified in class because Mr Ramli had randomly selected the speaker's name. Because I never trained myself to advance, I felt as though I lost the confidence to do so as time went on, making me feel more behind and afraid.

The topic of discussion during the fourth meeting was "education". I brought my prepared speaking material to this gathering. However, speaking in front of others caused me to forget much of the information I had brought. I become even more frightened while speaking in front of others and forgetting the content. However, it does not matter because I can learn from it and be better prepared for the next. In the fifth meeting, "technology" was covered. This speech was the first time I had ever studied the content discussed during a speech, and I had never even had any practice. I was quite nervous as class began, but this worry was excessive because it was my fault for being unprepared. Because my name was not mentioned, I was appreciative and relieved. I still feel sorrow even though I did not come forward since avoiding responsibility might also lead to greater terror than what I am accustomed to. Come on; I often hear myself saying that you have to have the bravery to try to develop your speaking and become used to it so that you are no longer filled with existing worries. However, I am still doing nothing.

The sixth meeting's presentation focused on "socio-cultural" issues. My speaking performance could have been improved even though you asked many of them during this meeting to move forward without your approval. However,

sadly, I still have too much guts to move further. I am not confident speaking in front of the class because the information on my topic is out of sync. Nevertheless, this issue taught me to be more diligent and prepare the content. Discussion of "professionalism" in meeting 7; similar to meeting 6, I did not speak up for myself. The eighth meeting was a midterm, and I used a TED lecture titled "Time is Money" as the basis for my presentation. I had thoroughly prepared the information I would provide before the midterm began. In reality, I have worked on developing a suitable speaking tone. However, as soon as it began, I started to feel anxious, and as a result, I forgot some of the information I was delivering. I am not accustomed to speaking in front of a camera. Moreover, in that scenario, I needed to remember the script and the material instead of panicking right away while speaking. So I started by remaining calm because Mr Ramli had taught us to talk slowly. I instantly drew the essence after that.

Although TED talks were also discussed at the ninth meeting, my topic was "how to communicate so that people want to listen." Due to our hectic schedule, we could not come forward to speak at this meeting. Thus the presented content was moved to the following week. I also prepared the information I would deliver when it was due the following week. The topic of the tenth session was a "book," and the material delivered was a "poster presentation." We took additional attention during this meeting because creating a poster speech requires us to be as original and imaginative as possible. We need to write a screenplay in addition to the posters so that we do not stutter when it is time to talk. I felt a little uncomfortable when it was my turn to speak in class because mine was not as original and cool as those of other friends. I also had less control over my emotions. However, I can omit it and must be careful when presenting the material I bring.

The topic of "news reporters" was covered at the eleventh meeting, and I brought up news about the shooting in Philadelphia, Pennsylvania, while I was speaking. Some claim that delivering the news is simple because all you need to do is read the delivered text. However, the truth is that dressing up as a news anchor is incredibly difficult. We even need to be able to change our voice tone and speech speed because we are expected to sound like the original. As my speaking ability increased, I struggled to give the news easily because I did not fully comprehend the subject and had not even read most of the existing texts.

However, this is no longer a concern.

In the last meeting, we performed a roleplay of the previous meeting, which was organized into groups. Each group's presentation of the theme must cover a unique subject, and our topic is friendship. The roleplay method is a type of motion game used in counselling with a system, objectives, and a fun component. One benefit of the roleplaying method is fostering excitement and a sense of community via enjoyable learning. My group members can work well together, so I am quite proud of them. Even though we had a few seconds of speaking class to practice, the roleplay proceeded without a hitch. My friends are wonderful and incredibly cool. Moreover, this picture was taken both during and after the role play.



I gained Knowledge of a variety of processes while studying public speaking. For instance, in the first level, we learn to speak up without hesitation or fear. Second, we are constantly reminded that not all words are appropriate for public speaking; therefore, we must always choose the right ones. Third, we must constantly work on reining in excessive body language while public speaking. Fourth, to master the content provided, we must always prepare before speaking in front of an audience. Fifth, we are taught how to command the audience's attention while delivering public speaking content with an appropriate tone. Finally, we are taught to offer interesting information in public speaking. I was quite frightened when I was in the speaking lesson before the meeting. Because I am still getting used to the situation, I need to comprehend lots of the information. However, as time passed, I attempted to make friends with that anxiety in each speaking event by always having the confidence to speak up and practicing to improve as a public speaker. I occasionally get positive feedback from friends when I practice, so I feel more comfortable speaking in front of the class. My public speaking was significantly influenced by my friends' good feedback and even ideas because I know the procedures and actions I must take.

"Each of us must confront our fears, must come face to face with them. How we handle our fears will determine where we go with the rest of our lives. To experience adventure or to be limited by the fear of it."

--Judy Blume-- tiger eyes (1981)

According to the above quotation, we must have the guts to confront our anxieties. This feeling is consistent with what occurred to me. Because I have a great deal of fear and concern about my talents, which in English, particularly speaking, listening, and writing, still need improvement. Nevertheless, I have to cheerfully and passionately face that anxiety by increasing my song or podcast listening, speaking in front of a mirror more, and training myself to become accustomed to reading so that it makes writing simpler for me. By doing this, I was able to reduce some of my dread and avoid issues by not attending class because the more you try to avoid every issue you encounter, the less improvement you get.

Excessive anxiety also results in excessive fear, such as frequently thinking poorly of yourself. Occasionally, it gets in the way and makes me slack off when studying. Furthermore, when it starts, I need to think positively and accept the idea that I must study more and practice speaking when I am not very good at it. My fear subsided when I gradually grew accustomed to the practice. Anxiety might be normal in high-stress situations like public speaking or when concentrating on tasks like essay writing. Our confidence can increase when we cope with issues we confront, such as overcoming anxiousness when we speak. Because we are confident in ourselves, we are not frightened to talk calmly in front of others. As public speakers, we must be adept at handling adversity. That makes us reluctant to talk in front of others. We can deal with unwelcome circumstances, such as speaking anxiety and fear, by having a plan of action; we do not prevent ourselves from speaking in public. We can eliminate all anxiety and fear of public speaking when we practice this within ourselves.

"Much of the fear of doing something wrong vanishes when we know what we are doing." — **Andrew Saul**

According to (Collins, 2022), Knowledge is information and understanding about a subject that a person has or that all people have. The quotation above is excellent and accurate in that many anxieties about acting vanish when we know.

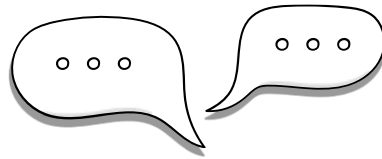
We can do anything without upsetting others if we have wide Knowledge. It is the same when we are compelled to speak in front of the class. We will be willing to speak up when we are confident about the information we deliver. However, it will be different once we have mastered the information we have prepared and are fearless when speaking in front of the class. To make it simpler for us to act fearlessly, we must learn a lot to broaden our Knowledge and skills.

Mr Ramli once gave some suggestions before speaking in public, and there are a few things to watch out for: first, we must prepare the material with a clear message. Understanding the material presented makes it easier when we speak in class. The second is that when speaking, the presented material must have clear ideas and provide deeper information so that the audience wants to listen. Third, we can understand the atmosphere of the class and the existing audience by presenting material comfortably and easily to understand, and listeners will pay attention to our speaking. Moreover, the last, we must always pay attention to body language. To be synchronized and less distracting, we must be able to change the way our hands or bodies move.

From my speaking journey as a student, from the first meeting until now, I have not become a good public speaker. Nevertheless, I continue to learn to be better and develop my abilities to be even better. I went through many processes in speaking for formal interaction class. During the speaking process, my fears decreased a lot, and my confidence level began to exist, as well as gained and applied speaking techniques.

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My Speaking Journey Started at College

Fatimah Nur Aini

Hello, my friends, I would like to tell you about my journey in this 3rd semester. First of all, I was excited when I found out I was already in this semester, knowing that I would learn many new things again. Especially since I know I will have a public speaking course. Yes, everyone knows about public speaking and has heard about it, and every person has their way of doing it. As for me, public speaking was challenging because whenever I try to do it, I can get nervous, and my hands shake.



Public speaking has become hard for me because I feel afraid to speak in front of people, especially when they are directly in front of me and face to face. Nevertheless, I must fight my fear since I am already becoming a college student. The first time I knew that I had a public speaking course made me nervous and scared. However, I know I must fight that fear with my friends, who try to comfort me and always make me believe I can do this. Although I feel scared to speak in public, it did not stop me from learning to be a good public speaker who can make people only focus on me when I speak and become a speaker that people can imitate.

I am also always curious about my friends or people who can do public speaking very fluently and also confidently. That is why I frequently ask them how it feels when talking in front of people, even though it is just their classmates.

Some of my friends say they enjoy it because if we talk in front of our friends, it is the same as usual. However, some of my friends feel the same thing as me and feel ashamed and even afraid. Because we were scared that the audience in front of us would think that our pronunciation was wrong, and even because of the nervousness, we sometimes forgot what we should say when we were in front. Also, I always want to come to the front whenever we have public speaking courses every week because seeing my friends talking in front of me looks cool and fun. However, again, I am the type of person who forgets things very easily, so when I am already standing in front of my friends, I forget what I am going to say, and when I see my friends' faces, they see me forget something, and they laugh. That makes me more embarrassed and afraid to try again.

As we know, public speaking is important to English students like me and remember that we will be teachers in the future; we need skill and confidence to do public speaking because it teaches us how to give a good speech and how to explain something in front of many people, in a better way. We also learned how to use verbal and non-verbal language, which will be very helpful in the future.

When the Journey Starts

The first time we had a public speaking course was fun because we just needed to talk about ourselves, and that should be easy, but again, I refused to do that because I felt shy and still scared then. My best friend tries to come to the front and talk. She even gives me notes about what I need to say when standing in front. However, because I feel tremble and shy, I said I do not want to try it this time and would try again next week even though I wanted to come to the front and say many things because that would be amazing to talk about myself and tell to your friends in class. The second time we had public speaking should not the topic was still pretty easy and confusing because as I remember we talked about our favourite weather, and I was talking about how I love rain and cloudy days. However, yes, once again, I refused to stand because when I heard about my friends' stories, they sounded amazing and fun, while I had a basic reason why I like rain. Moreover, once again, my friends told me to go to the front, but I refused because I felt trembling and shy. So yeah, I do not take this chance again,

I remember my friends and I talked about diversity for the third meeting. It

is a fun topic to discuss, especially since we are already college students and more huge than high school. Back to public speaking, this 'diversity' topic is one of my favourite topics too. Because it is fun to explain diversity in our city, even country, and in this meeting, I come to the front and talk about how we have different cultures, religions, and customs. I am also talking about diversity on campus and in my city; of course, they are similar, but we still need to know about that. Although I came forward to speak, I still felt embarrassed. I also forgot a few sentences that I should have been able to explain in more detail to my friends, but still, it made me happy to see my friend's reaction.

Fourth we talk about education, this topic we can talk about. I am talking about 21st-century education. This time I felt more confident when talking in front of my friends. Because it is a fun topic and I finally remember what I will be discussing and explaining, I feel more confident and calmer in this fourth meeting. Moreover, I do not shake that much. For the fifth meeting, we all talked about technology, and my topic was 'The effects of video games on children' I chose this topic because I know many of my friends have younger siblings, even though we still need to know the effects of video games. Because I must say, it is not good to play video games all day. Moreover, I am not that smooth when explaining, but I can still explain the important point of the effect, and I also asked my friends, and they quite understood what I said. So, during this meeting, I am not feeling nervous or scared.

I want to talk about my performance in every meeting, but that will take much time, so the last meeting I want to talk about is when we make posters. Yes, a poster. This was my favourite meeting of all the performances we talked about because everyone was so happy, and the class was in a good mood then. I was also excited to see my friend's poster, and of course, the poster was so gorgeous and creative. So for my poster, I will make it simple I will talk about a skill that we should know in 21st-century education" this was a great topic for me, and we as a student also need this. So there are four skills that I told my friend about, and I hope they understand that.

"If you believe you will fail," they write, "there is hope for you. You will."

Dale Carnegie (1888-1955)

Public speaking and interpersonal skills are soft skills that require excellent

communication skills and the ability to engage with an audience. So soft skills and interpersonal skills are less technical and more about how we interact with others because public speaking is not just about what we are going to say but how we say it, our tone, volume, our eye contact with the audience, and also our body language which are important as well. Now back to my speaking journey. As we know, every person has their ability. Some of my friends were good at public speaking. We enjoyed his performance while some of my friends and I also felt it was difficult to do public speaking because we felt nervous, and the common thing is that we cannot remember what we are going to say.

The practice was also very important for public speaking. I need to practice a lot to make sure the pronunciation is right. everyone must have heard about "Practice makes perfect", so we need to try to do it. Because it can make us more experience and also, we can improve ourselves and know what should be fixed. In this course, I found myself still not brave enough to speak, and I realized that I could not express my feelings. The feedback from my friend was also important. When my friends say that I have a good performance, it makes me want to improve myself, and when my friends give applause, it is meaningful for me. However, not all feedback was good there; it is also sometimes critical that we must improve ourselves. Because of that, I can know what my mistake and weakness are. They told me what should be fixed and what I should do better when performing.

"Confessions of a Public Speaker provides an insider's perspective on how to present ideas to anyone effectively."

Every meeting has a different topic in this course, so we as students do not feel bored, and I also find every meeting fun and exciting, as in the last meeting, we had drama. This meeting was fun because every group had its own story to tell. For example, my group has a "Red riding hood "story to tell. In this drama, I was the "mom" of red. I do not have that many lines because the mom only appears at the beginning of the drama. Moreover, I was helping red express her feelings, and my friend, the narrator, was good. She expressed the narration with a good expression.

In this meeting, other groups had their own story, but my favourite is "The kingdom of Tarakan". The storyline was so enjoyable, and the acting was also

good. Nevertheless, my group is still number one in my heart. I also like it when my friends give me feedback in this meeting when they say my voice is too small and want me to scream more because they know I cannot speak that loud. Before I was going to perform, my friends always said that I would be okay on stage and not shy because I already did a great job, which gave me strength. I need strength when I do public speaking. My friends adore me, which lightens me up and helps me not to get nervous, and that helps because when I perform, I do not shake that much, and I quite enjoy myself. "*The Successful Speaker* is proven."

I still have many things to learn. That is why this course means a lot to me and helps me so much. This course taught me not to be afraid to stand in front of people; we can say our opinion and speak up. The lectures also always make us want to come in front of the class on our own and not push ourselves. That makes me want to try now. I am not scared to talk, especially in this course. We talk in front of our classmates, so there is nothing to be ashamed of. This course will end these weeks, which means my classmate and I have already come this far to try some more experienced that will be helpful in the future.

These six months are quite short for me because this course would be the longest and hard to do because of my struggle in this course. Because of that last week, I was shocked to know I could improve myself. I made many mistakes when doing public speaking in class, but it was quite enjoyable for me after every meeting. I have been through a lot that made me feel this public speaking was that important in life as a student or even in daily life. At first, I did not feel confident because this was not the major I had wanted since I was a child. I want to be a veterinarian because I love animals so much, but because of the covid, I cannot take it because it is in the big city, and my mom does not allow me. Because of this, I took English as my course because it was one of my favourite subjects as a child, and I quite liked it then. Taking this major made me want to learn more about English in public speaking. We not only learn how to speak but also how to learn grammar. That is one of the importance of studying English, which also helps me be a good speaker in the future.

For the last part of my writing, I want to thank my local A2 friends for always helping me in this course and sorry if we have a group performance and I may not do well. You guys can talk to me anytime. Furthermore, all my friends were doing a great job. Also, thank you for our lecture, for always trying to teach, and

for making us brave to come to the front of the class in every meeting. We respect you so much; thank you.

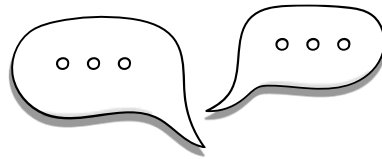
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Learn from the Process

Puteri Nuur Safirah

Speaking is one of the basic skills of English, besides writing, reading, and listening. Speaking skills are abilities that a person performs to communicate, voice opinions, discuss, and have other communicative interactions. Speaking skills can be separated into formal and informal; both types of speaking are helpful in various situations throughout life. In learning English, we are also required to speak English properly and correctly, but talking takes work. It takes a long time to learn how to talk to sound like a native speaker, speak with the correct intonation and pronunciation, and chat with proper grammar in public.



Speaking in public is one thing that is still a problem for many people. Everyone can say, but only some speak quickly and attractively in public. Speaking in public differs from other speaking situations. The speaker typically feels uneasy and apprehensive before and during the presentation because they share their opinions with a larger audience (Gareis, 2006, 3). Quoted from David Zarefsky, in his book entitled *"Public Speaking*

Strategic for Success", argues that "Public speaking is a continuous communication process in which messages and signals circulate back and forth between speakers and listeners". It gives the sense that public speaking is a continuous communication process in which messages and symbols continue to interact between speakers and listeners. Public speaking is a skill that can be learned.

Therefore, it is common for public speaking to become a challenge in personal, social, and professional life. Public speaking frequently appears on people's top ten lists of things they would prefer to avoid, according to Davidson (2009). Because they believe that several causes have compelled them to avoid public speaking, the students make every effort to do so. For those who are used to public speaking, it will be easy to control the audience. In contrast to those not used to it, speaking in public will feel tense and scary.

As a student in the English Education Department at the University of Borneo Tarakan, you will undoubtedly be required to train and learn English speaking skills. A little flashback to the first year, there is a course related to speaking: Speaking for Informal Interaction. In those days, everything went smoothly, and I haven't encountered too many difficulties. But on the other hand, I did not feel there was a significant improvement that could improve my speaking skills. So, continuing in the second year, I returned to get a course related to speaking but different from the previous one. The system is Speaking for Formal Interaction. The difference is in its formal and informal nature. I am challenged, considering that this is different from before. If the previous one was much more relaxed and flexible, this course is far more standardized and conceptualized and requires a neat and clear language arrangement.

In the first warm-up phase, the class begins with a simple topic in which students are asked to describe themselves in three words. At that time, I did not intend to advance because, to be honest, I was too nervous and did not have enough courage. One of the common causes of some pupils who will speak in public is nerves. Additionally, additional factors, specifically nervousness, prevent them from speaking in public. Theophillia (2018) claims that anxiety is a response that someone may experience when terrified of something or an activity. Nervous students experience apprehension and mental disturbances, such as worry about the unfavourable outcomes of speaking in front of an audience. Additionally, they are worried about making mistakes, needing help communicating information clearly, and have additional concerns that bring them down before they try and perform. Unfortunately, it continued until the second meeting.

Finally, at the third meeting, which discussed the topic of diversity, I dared to come forward. My interest in the subject matter further strengthens this because I have access to a wealth of actual data related to the topic at hand on my campus.

A few days before the day, should not I could not sit still all the time in class and watch others develop. If I do not try later, then when? If we do not try, how can we know our mistakes, obstacles, and where our abilities have reached? Since then, I have been attempting to fight negative thoughts about how people will respond. Dale Carnegie once said, "Instead of worrying about what people say of you, why not spend time trying to accomplish something they will admire." So, to support my determination at that time, I started to make a note containing points that would convey. I also advanced with the support of my friends, who made me more confident.

At that time, I started calmly. The stares of the class made my mind chaotic until the words disappeared in my brain several times, my breath felt heavy, and my hands shook. Fortunately, I can finish it well. I explained that although I have many friends of racial, ethnic, and religious backgrounds, our differences do not necessarily lead to conflict. On the contrary, we can learn about one another through these cultural distinctions by studying local languages, songs, and even celebrations. I also mentioned that being different doesn't mean you have to compete to prove that you are the best. But differences teach tolerance and how to live side by side in peace. The end of my performance was greeted with applause from friends and good comments from the lecturer because my performance was well organized. I swear I am so proud of myself. Your hard work is paying off, and it boosts my confidence.

From that day on, I understood how feedback could have such an impact on someone. Both feedback leads to praise and constructive feedback. Because when you receive a compliment, it boosts your self-esteem and makes you feel good about yourself. Furthermore, when someone provides constructive feedback, new things will be learned from the previous mistake and suggestions and input for a better future. Afterwards, I have become bolder and more confident going forward. In the next few meetings, I advanced on technology by presenting material entitled "Smartphone addiction is bad", where I explain the phenomenon of smartphone addiction nowadays and the impacts that will be caused. I am satisfied with my performance regarding the material because I am sufficiently prepared and confident. My version did not stop there; after that, I also presented several other topics, such as topics based on Ted Talks from Youtube with the title "Work Hard in Silence and Shock Them With Your

Success", "How I Visualized My Dreams", poster presentation with the theme about Education, news reporter practice where I bring news about the Itaewon incident, and in the last meeting with group roleplay activities.

When the midterm exams were held, the lecturer asked us to present material sourced from Ted Talks on YouTube but with a different atmosphere. This is because there is no audience when we perform, and there will only be the lecturer, the camera controller, and the camera itself. The only thought that came to mind at that moment was that this was an excellent opportunity to perform my best because I would be less nervous than before. Sure enough, with not many audiences then, I could focus more on my speech rather than worrying about what people thought of me.

At that time, we were called one by one to enter the room randomly. Then, when it was my turn, I was excited and ready. I then took a position directly in front of the camera and began to take a breath. My performance got off to a great start, but then I abruptly forgot what I was going to say. I took a breath and concentrated my thoughts to try to recall the order of the prepared points. Thankfully, when I tried again, everything went off without a hitch. Again, my appearance was greeted with applause by my lecturer and his assistant, and a slight nod convinced me that my impression was excellent. However, I was still dissatisfied with my performance that day since I felt I had missed an opportunity I should have taken full advantage of. But after that day, I began to examine myself and believe that sometimes troubles are okay. Only some things will go exactly as planned. After all, if I look back at that appearance, it was not such a big mistake. I need to learn to control my nervousness more.

After several speaking class meetings and seeing friends' performances, I learned several types of them; there are (1) self-assured but with grammar and vocabulary issues. (2) shy but with good grammar and material organization. (3) inability to control nervousness, resulting in a constrained appearance that could have been very good. (4) no preparation, so they can not perform well. As I mentioned in point 4, "*No preparation at all, so they can not perform well.*" I mean it. The key to effective public speaking is preparation. The better you prepare, the more confident you will feel. There is an old public speaking story, attributed to different people, that essentially goes something like this: "If I have to speak for an hour, I need a week for preparations; If half hour, then I need three days; If

fifteen minutes, I need two days." If you have ever seen a great speech or presentation, you can be sure that however long the delivery was, significantly more time was spent preparing. I used not to do any preparation, which is why I got nervous. But then I changed my strategy and started to make notes and keep practising to make sure I had the proper intonation and pronunciation later on when I was performing. The one who has prepared will be more ready and stable while performing than the one who has not made any preparation. Not infrequently, some of my friends stay silent when they stand in front because they forget what they want to say, are not ready, or do not even know what to say. To ensure that our appearance runs smoothly, planning is crucial.

Apart from preparation, practice is also critical in public speaking. As I mentioned, I always practice ensuring my intonation and pronunciation are correct. Practising later also trains confidence and fluency in appearance. Exercises can be any form: body gesture exercises, facial expressions, or even voice adjustments. Who doesn't want their appearance to go well? Everyone will. You must be familiar with this quote: "Practice makes perfect." I can not entirely agree. As my lecturer stated, practice makes better, which makes more sense. With practice, you will get better but only sometimes be perfect. You will get used to it and feel less nervous by continuing to practice.

Arriving at the last meeting stage before the final semester assessment, we were assigned to perform roleplay in groups. In this assignment, it is necessary to emphasize collaboration and cooperation between members. With a different type of performance from before, this group assignment was quite challenging. Because I need to learn how to get along with other friends, how to collaborate well, and how not to be selfish. In the process of preparation and practice, my group experienced many obstacles. For example, whether the group members are not complete every time they practice, the constraints of some members could be more fluent, or there are even disagreements between members. But this is normal; That is where the ability to collaborate, cooperate, and discuss is needed. Thankfully, my group performed well; they even performed far from what I had imagined.

After all these speaking class meetings, I learned a lot from the lecturer and my friends. First, I knew that everyone has their capacity and cannot be generalized. Besides that, good support and feedback are very influential in the

success of an appearance. An applause is a simple form of encouragement that can channel someone's confidence in their greatness, ability, and impressiveness. Then feedback, or how to verbally encourage someone by offering ideas and suggestions along with positive reinforcement, will also boost one's self-confidence. Besides feeling appreciated, constructive feedback is also constructive as evaluation material for future performances. I remember one meeting where I was hesitant to go forward.

On the one hand, I had practised and prepared, but for some reason, when it came to taking turns to advance, my courage was dwindling. However, one thing immediately made me determined to come forward. What's that? Words from my friend. She said, "Just go ahead; I am sure you can do it." I suddenly realized, If my friend had such faith in me, why did I doubt myself? Immediately after hearing that, I stepped forward, and my friends applauded. It also adds to my confidence. But I can not lie; the nervousness is still there, but fortunately, I can handle it.

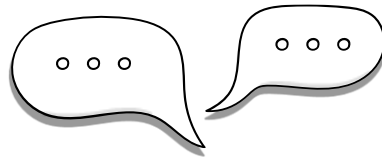
For instance, after numerous public speaking engagements and hearing other people's versions, I envisioned myself having more effective public speaking abilities. Those who are later able to share their minds directly and bravely can serve as models for others when it comes to public speaking and is dependable public speakers. Both locally and online, I have seen a large number of skilled female speakers. One of the most well-known and talented women in public speaking is Najwa Shihab. Everyone knows who she is. I always had a dream of being able to speak in public like her. She is fearless, decisive, and capable of inspiring others. Some voices say, "You can be like them too," from time to time. Besides that, I also dream of becoming a teacher with good speaking skills. Because I am a student engaged in Education, I will likely become a teacher. Therefore, I need public speaking skills to teach and interact with my students and other professional needs in the future.

I may have needed to be a more experienced or effective public speaker up to this point. I am still in the learning process and want to keep getting better and better. However, many learning processes improved me while taking the Speaking for Formal Interaction course. I gained confidence and learned the advantages of public speaking and effective public speaking techniques. According to Ambrose et al. (2010), learning is "A change-producing process that

arises from experience and raises the possibility of improved performance and future learning." That is accurate. I gained new knowledge and experiences through the learning process that I would use to further my development. Everything that needs a function is correct and how carefully we follow the method determines the outcomes in the future. Furthermore, each procedure takes its amount of time; they cannot be generalized. Some are short, and some are long. So, never judge each person's process because we never know what he has gone through in each of these processes.

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The Fear Is Loss When Trying

Urai

English is a world language today; this language is used as an international language because most countries use English for daily conversation. Understanding English certainly has many advantages, including becoming a significant influencer or public speaker. Speaking is an essential part of learning English besides listening and writing. Then, everyone who learns English can learn this language; what is more, for students dealing with the English language and having to appear in front of many people. Nowadays, people say that if you can master English, it will be effortless to go anywhere and find a job easily because English skills are highly sought after in the field of work.

Student college in their course have presentations or speak in front of other students. Therefore, presentation is also called included in public speaking. *Public speaking* is the term used to describe communication when a speaker shares ideas with an audience mainly through speech (Slagell, 2009, p. 194). Astuti (2011:8) also mentioned that public speaking is a strategy used to convey a message or idea to a group of people to change their perceptions or help them understand the material. On the other hand, according to Cambridge Advance Learners Dictionary (2008), speaking is saying words, using the voice, or engaging in conversation with someone. Therefore, the public generally refers to or involves people rather than just a specific group of individuals.

Standing up in front of prominent people is a challenging thing everyone can do, especially when public speaking in the English language. However, as a college students majoring in the English education department at the University of Borneo Tarakan, I know the English language and public speaking related to

each other. In this third semester, the third-semester students registered for the speaking course. So far, I have passed this course exceptionally well. Is it easy? The answer is complicated because I rarely performed in front of many people before that. Every day since this semester, I have struggled with laziness, fear, and insecurity. Before I met my classmates, should not we were at the same level in the English language. In reality, some intelligent people are excellent at this language. I was speechless and ashamed when I heard their pronunciation and English vocabulary. From this situation, I learned to be enthusiastic about continuing my studies and learned a lot from my friends. This article will describe how I defeated fear with the word "try".

The word trying has been a scary word for me since I studied in college, trying to be confident, brave, open-minded, and speak in front of prominent people. Students must be brave and confident in their abilities when sitting in college. Besides, students are required to be more critical in thinking and action. The feeling of fear always comes when I hear "You have to be more confident; you have to be braver to speak in front of people". For me, those words make me feel weak. In college, everything changed how and learn. It is different from when I was in senior high school. At that time, I dreamed of being a great public speaker who could influence and motivate everyone.

Nevertheless, it is more challenging than because I already know that many things must be considered to be a public speaker, especially in English. However, from all those scary things, I should go through it all and get out of my comfort zone. The memorable moment was the first time I stood to speak in front of my friends in class. However, it has still remembered that nervous and anxious feeling.

Day by day, since I study college, I feel empty, tired, and want to give up. In this third semester, there are just a few lessons that I can get, and the most thing I hate is when there is an assignment in the form of speaking. Standing up in front of many people is like a scary, rather than a horror movie. Before sitting in college, speaking was a fun activity, but I was wrong. One thing I learned since a study in college is that many people have intelligent and critical thinking. Besides, I am grateful because I am in this class with kind and funny people. Although my first impression when meeting the lecturers at this University is that I am scared of them before class begins, this lecture will give us a challenging assignment. In

addition, it is correct that those assignments have a level in each subject. However, apart from everything, I can get through it all.

When I was not performing my speaking, it did not feel very comfortable, and my other friends left me behind. In each meeting, our lecturer always reminds us to be brave and confident, but that word cannot help me to be more confident. Sometimes it is so hard to fight my mind, and I will tell myself, "You should be confident; you just need to speak and not care about your friends there". Whenever those negative things come into my mind, I know that learning is a process, and every single human has a different process. As time passed, in speaking class, many of my friends, including me, started to dare to appear in front of the class. Performing in front of many people takes work, especially in English. For the first time, there was just me who have nervous many of my friends had the same thing even though this class made me always excited and feel challenged in every meeting.

The first speaking class meeting was a scary day I had never thought of before, and each student should prepare for their performance. When I heard the word performance, it made me scared and nervous. There was a time when I was in a different major and regretted less about choosing this major. These thoughts appear because I am insecure about my friends who perform well and speak English. This third semester we are full of performance in speaking class. Each meeting has a different topic and challenges too.

Describing yourself in three words is the first topic in our speaking class. It is a simple topic, but it is hard when to perform in front of my friends. My experience in this first performance is not good because I am not performing my topic. Not only me but there are also lots of my friends who are still scared and ashamed to speak. Whereas before the day, I was preparing my script about the topic. I like this topic because it is easy. We explain ourselves in three words. In this meeting, we are just not given a speech, but we achieve and comment to our friend after their performance. This is an excellent thing in learning; we can also know our strongest and weakness in speaking and improve our speech. From my friends' performances, I have learned how to pronounce those words, use grammar correctly, and so on. I was disappointed with myself at that time due to that afraid and unconfident thinking.

One thing I like about my lecturer is that he constantly reminds us one night

before the day what topic we will discuss. So, at night we can learn and search for any reference about the topic. We studied several topics like weather, diversity, and education three weeks after the class. Those topics the first time I performed in front of my classmates was when we talked about diversity. To be honest, I was nervous. Luckily, all my friends, including my lecturer, encouraged me. After sharing my topic, the lecturer gave me some comments and suggestions aimed at uplifting. Criticism is constructive, not demeaning, so if you receive criticism from people around you, accept it and reflect on it. At the next meeting, the weather and diversity were discussed.

"There is always light if only we are brave enough to see it. If only we are brave enough to be it" (**Amanda Gorman**).

Every time before the class, I write down the topic to be discussed, but when I am in class, I feel insecure again and the stupidest there. On the other hand, some of my friends dared to perform confidently week by week. The quotes from Amanda Gorman above are accurate and happen in my class. We have opportunity and talent on it, but that fear hides this treasure. The progress we get comes from encouragement and guidance from others and our lecturer; also, when one of us performs, we always appreciate what we have done. My experience at the first time I ventured to perform, my expectation was "that they would judge me and laugh if I made a mistake". Nevertheless, it was different from what I expected after I finished my speech. Instead, they complimented me and gave me support.

The day I felt proud of myself was in the third week of speaking class, speaking on diversity. It is not easy for me to fight that fear and negative thinking about what my friends or my lecturer will say to me "will they judge me?". The topic of diversity, especially in University, became my topic at that time. As far as I remember, at that time, I was the one who intended to perform and was not called by the lecturer. At that moment, I only thought, "if I always am afraid, then I will never progress in these courses. If they can, I can do it too!". Finally, I can go through my biggest fear. I am proud of myself for sure, all of my friends gave applause and said: "you are amazing". That word "amazing" makes me feel happy and think it is not bad as should not.

"Only the prepared speaker deserves to be confident" (**Dale Carnegie**)

After a week of all the topics we have shared, my courage only shows up on diversity. The reasons why in each meeting most I do not perform are, first, not confident or not trusting with myself; second, afraid of making mistakes; and last, needing to prepare for the topic well. For these reasons, it is related to the bold sentence above, which said that confident speakers are the only ones who have prepared. Once my lecturer said, "practice makes better, not practice makes perfect" because the more we practice then, the better we get. On the other hand, our lecturer always gives feedback and tips on improving our public speaking, including intonation, how to pronounce the word correctly, body language, etc. That is why I am confident and braver about continuing this course.

Education is our next topic in the fourth meeting, this topic I have prepared my topic, but this insecurity appears when I see my classmate perform and share their speeches. Not only felt insecure, but every time the lecturer started calling our names randomly, I started feeling nauseous and afraid. According to the American Psychological Association (APA), "an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure" is called anxiety. I felt anxiety every time speaking class began, and I am sure it happened not just to me but also to my friends. The class continues up to meeting five with the topic of technology, and I take the title see the universe just by looking at the mobile phone screen. At the sixth and seventh meetings, socio-cultural and professionalism were discussed. From the beginning until this meeting, I started to feel comfortable with this activity (speaking class); besides that, we started to feel confident speaking in front of others. We can be better due to others' support.

"A person who never made a mistake never tried anything new"

(Albert Einstein)

After several meetings, we finally completed the midterm assessment. At that moment, the lecturer chose a topic from the TEDtaks YouTube account, and we, as students, chose the title for our speaking later by ourselves from that account. I heard that. I was very excited because there was still plenty of time to prepare myself. Even though the lecturer suggested viewing videos on YouTube, I chose to make my title: Do not be afraid to say that you are sick because health must be considered. This time we did not perform in front of others friends but

in front of the camera and lecturer. I like it because speaking can be more flexible. Preparing well made me finish my midterm well, and I am happy and proud. Class continues, and the next meeting will be full of performances. I was excited with fear; at the ninth meeting, I dared to perform even though it was a little embarrassing because I had forgotten my script. Continuing to the tenth meeting, namely the poster presentation, this meeting was quite exciting because the posters made would be presented in class, and all students had the opportunity to perform. Being a news reporter is the topic of the eleventh meeting, and so far, I have dared to perform and encourage myself, "mistakes are not reasoned to give up". When the time came for the last meeting, it was exciting because we were going to do a role-play. Each group consists of 5-6 students. We are very excited and enthusiastic. My fear and nervousness at that time disappeared because I liked my role in the drama that our group would perform. On the day of the drama performance, everyone was ready. Each group has its type of drama, some funny, romantic, and some about bullying. In a word, it was all great. We enjoyed our roles and finished the class well.

"Support and encouragement are found in the most unlikely places"
(Raquel Capeda)

At every meeting, I have gone through it from start to finish. So many lessons and a long process to build confidence and eliminate fear. Behind all the achievements that I have gone through, there is support from friends and advice from great lecturers. Mr Ramli is an English lecturer teaching speaking courses in semester three and an innovative and educated lecturer. I appreciate his struggle in educating and always give him the belief that we can all do it. "You will never know if you do not try" were words from him that made me realize that all my fears were the answer so far was to try. Then, as our class experienced a change in public speaking? The answer is yes because everyone in the class is excellent. I learned from them, besides that, from this speaking class. I can see the change from someone who is not confident, shy, and nervous about being braver and believing in themselves. Each individual in the class is a person who has different abilities and processes. I am Urai, a 3rd-semester student majoring in English education. It is an honour to be a student in this department.

Once John Barrow said, *“If you never try, you’ll never know what you are capable of”. “do not be afraid to try, failure is always there in life but life is not always about failure”*

-Urai



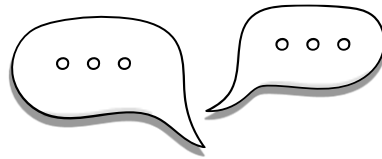
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My Speaking Journey from School to College

Jhur Fahri Alamsyah

As you can see, there is a picture of a young man who is me. This paper will discuss my learning progress in a public speaking course. Public speaking is familiar to me because I graduated from a vocational school and majored in tourism. Therefore public speaking is normal to me. Public speaking was our main selling point when I was still in school, majoring in tourism because we offered "service/hospitality."



Even though I had studied public speaking before entering college, that does not mean there were not new things that could not be learned while in college. The fact is that the Public speaking that I learned at school in the past and college now has some differences. As I said earlier, our main selling point is service, so the Public speaking that we learn focuses more on serving someone in terms of tourism. An example is being a tour guide; a tour guide requires good speaking skills to carry out his duties. Furthermore, that is what we were taught at school, how to be a good guide. The speaking ability of a tour guide is more towards "informative speaking" where we give tourists more information about the tourist places visited.

Furthermore, here is a photo of me practicing becoming a guide. Besides being good at speaking Indonesian, namely Indonesian, we are also required to speak foreign languages. one of them is English. The usual way we practice our speaking skills, in this case, is as a tour guide. We often memorize information

about existing tourist attractions and repeat that information to tourists.

This is different when learning Public speaking in college, where the material studied is more general and broader than what I learned in school. Another difference lies in body movements. Body movements in public speaking, taught in college, are more comprehensive and varied, and facial expressions are significant in public speaking. I was not prepared when I was at school. When I first heard about a unique Public speaking course, I was very excited to listen, and my willingness to learn increased. Because I have always been active and like to socialize, I enjoy talking to others. Therefore I want to learn public speaking.

Now let us talk about public speaking, which I learned, more precisely, in semester 3 in college. During semester 1, we were given a course on public speaking, but that was when the pandemic was still ongoing. Hence, our effect was insignificant because the essence of Public speaking itself was not felt. After all, we were practicing online, and the material provided was primarily an introduction to the world of public speaking. So, during semester 3, there were 16 meetings for public speaking courses where the initial eight meetings were the delivery of introduction of material that focused on building our intellectual abilities first regarding public speaking and the eight meetings after which were practices that focused on applying intellectual abilities regarding public speaking that we had been studied before.

Moreover, at every meeting, we must monitor whether there is progress. Let us discuss all 16 of these meetings from my point of view, which will discuss the development of my friends and me while taking this public speaking course and what exciting things happened during this public speaking course. At the first meeting, our material was "three words about you" all initial meetings required an introduction, which is the purpose of our first material in this public speaking course. We have to choose three words that describe ourselves then from these three words, we start to make longer sentences such as why and why these words tell us.

The three words I chose at that time were "curious, excited, and easygoing." we start with "curious" why did I choose that word? I am sure I am a person with quite a lot of curiosity because I often do things to satisfy my curiosity. My curiosity will be new knowledge, and one of the ways I can satisfy this curiosity is by learning and learning foreign languages such as English Next is "excited"

because I like events involving many people. I am the most enthusiastic about these activities or a person full of energy. Do something full of energy well even though I spend too much power. It excites me and makes me stay consistent in doing something. The third is "easygoing." that is why I have many friends, and I admit that my social skills are innate from childhood. I like to play with other people, and as time goes by without me knowing it, my social skills are increasing without realizing it.

The impact of this first meeting is that we started to have the courage to speak in front of many people; for this, in front of classmates where we built our ability to speak in front of many people by starting with basic sentences and easy to understand and easy to say. In the second meeting, we discussed "weather," Just like before this second meeting. We used simple words that were easy to say. In this meeting, we tell what kind of weather we like and the reasons why we choose that weather. I choose cloudy or cloudy weather because such weather is not too hot and not too cold and wet because of the rain. It is suitable for doing some outdoor activities such as exercising or just taking a walk.

In the third meeting, we discussed "diversity." The use of language or words we used also began to show improvement. In this meeting, we started using "body movement," if I remember correctly. At this meeting, we discussed the meaning of diversity according to each of us and diversity in lectures. Quoting (Robbins & Judge 2015)," explaining diversity is a form of individual difference that is influenced by biographical characteristics and personal characteristics." In the fourth meeting, we discussed "technology," using language, choosing words, and using body movements. We also experienced an increase, although not significantly. We discuss technological developments in the future and whether they can replace the role of a teacher. Because the theme of this meeting attracted many of my friends who were rarely active in speaking before, they started to dare to express their own opinions. as well as, the sentences they strung together also began to become longer than before.

Then let us skip to mid-semester. In the mid-semester, we were asked to choose one of the videos from the YouTube channel called "Ted Talks" because this is a midterm exam which is a transition from the previous meeting where we only did material reinforcement and some training. We must apply all the material we learned at the previous meeting this mid-semester. The developments that we

presented at our meeting can be said to be the best among the previous ones because of the maximum reinforcement of the material we have obtained and the intention and efforts of my friends to present the best at this midterm meeting, the use of language and vocabulary that is far from better than before, the use of tone of voice which makes speech stronger and how to use body movement effectively we have learned at the previous meeting which enabled us to show good results at this mid-semester meeting.

After the mid-semester, we enter into meetings that will only focus on public speaking skills, and there will be no reinforcement of material at several future meetings. Several exciting things happened at several meetings after the mid-semester, such as when we presented the news, presented our posters, and made a small role play with a moral message. We started at the meeting, which discussed posters; before entering class, we had to make our posters by drawing based on the themes that had been distributed per group to us. The theme I got was education. You can see the picture I took from my friend's Instagram story. Using body movements is not tricky because I always use body movements to clarify my point, even when I do not speak publicly or have a regular chat with my friends.

When we talk to other people or when there are only a few people or many more than five people, Public speaking is also not limited to the number of people who listen but to whom we speak, therefore both when public speaking in front of many people or when chatting with someone I always use body movements to make my point clear at the next meeting what we discussed was our "news reporter" was asked to find one actual news that had recently happened and we had to bring that news. I found out at that time; news reporters are also public speakers. Before, public speaking was only when we spoke directly in front of many people without any intermediaries.



This photo was taken when I delivered the news to my friends. Even though public speaking is not something new for me, and my self-confidence is relatively high, it still does not guarantee that we can do Public speaking perfectly. At this meeting, I realized that I could have done better, including focusing too much on the text I was carrying, needing more intonation, and speaking too fast. Speaking English too fast is a problem that

I have often experienced. It is good to speak English quickly because it indicates that we can do well. However, on the other hand, because you speak English too quickly, there are some words that people around you need to hear. Only some people can understand what we are talking about if it is too fast. Speak at an average speed and clearly so that people around you can easily understand it; even speaking softly still makes you heard by others.

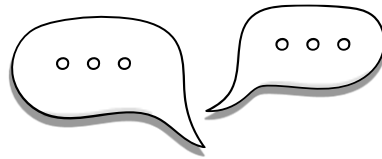
Moreover, the last meeting was the most exciting because we did "role-playing" or made a little drama. At this meeting, we were made even more confident to speak in front of many people by playing a role in a mini-drama. We also used a lot of voice intonation at this meeting to strengthen our dialogue. Some of my friends may not be aware of this, but this is an effective way to practice our speaking skills. Remember, facial expressions are essential in public speaking; we also trained indirectly in this meeting. Our role in our mini-drama requires us to express ourselves according to the dialogue we present. Furthermore, for body movements, maybe at this meeting, we use many body movements but need to be more focused on body movements for public speaking. We act a lot according to our roles and dialogue.

At the end of the article, public speaking is fun. Gouran (1990) described it as a pattern of thought, the configuration of ideas, or other responses to internal conditions about which individuals express themselves. Such expression, however, presupposes some form of behavioral manifestation: thoughts and feelings, to be made known, must be encoded or organized into a physical form capable of being transmitted to others. We can share what is in our heads with others. There is nothing to be afraid of in public speaking. We can be considered brave because we are able and willing to speak in front of many people but not everyone can do that.

Moreover, at this time, many jobs require public speaking. According to (Lievens & Sackett, 2012), people have a deep-seated need to communicate, and the greater their ability in this regard, the more satisfying and rewarding their existence will be. Research has shown that those with higher interpersonal skills have many advantages in life. Therefore, continue to practice your Public speaking skills to get the right job.

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My English-Speaking Journey

Fatmawaty Mukti

Talking about Speaking needs much work. As social beings, the ability to communicate is vital. The ability to speak in public will be beneficial in our lives. This ability will be very much needed, whether it is at school, campus, or the workplace. In addition, this ability also aims to provide entertainment, influence, or convey specific messages. Speaking in public is not just talking but requires a thorough understanding so that a message can be adequately conveyed. However, not a few people can speak in public with confidence. *"Public speaking is a continuous communication process in which messages and signals circulate back and forth between speaker and listeners"* (David Zarefsky, 2005)



"Public speaking is the art of diluting two minutes of ideas into two hours of vocabulary." - **John F. Kennedy.**

I faced only a few challenges because the lectures were still conducted online. The challenge I face is the need for more vocabulary, which makes me constantly use Google Translate, which searches for vocabulary and translates entire sentences. I also did not feel nervous or afraid when speaking because the lecturer told me to speak via video. Besides that, I did not have to feel anxious because I of speaking in front of my friends. Even in the first semester, I wanted to refrain from practicing speaking or watching a video about speaking. All I do is translate, memorize and make videos where if I make a mistake, I can repeat it. When the exam started, I had to speak spontaneously in front of my lecturer because the

lack of vocabulary made my grades unsatisfactory. So, in the first semester, I needed to make progress in speaking. Entering the second semester, I felt left behind because learning was done offline compared to my other friends. When I was called upon to speak in front of my friends, I felt terrified, especially if I was asked to express my opinion. However, I still need the desire to practice public speaking because I feel lazy. On several occasions, it is common for speaking lessons to be conducted online. This moment makes me feel even less need to prepare something if speaking is only done at home. However, I still practice my vocabulary if I am appointed to speak at any time.

"Great losses are great lessons." - **Amit Kalantri, Wealth of Words.**

In the second semester, seeing the abilities of my friends made me more active in practicing speaking. This improvement also makes me no longer nervous or afraid to speak in public, even though I still stammer. I felt that I had made progress, which made me confident, but when the speaking lesson started, I still did not dare to raise my hand to go forward but waited for the lecturer's name to be called. Even though I am less nervous, things always make me think again about whether to move on. Moreover, the material presented in semester 2 is heavier and more academic, so it makes me discouraged if the topic that I will be presenting is not appropriate—continuing until the third semester because the time for an extended vacation made me unable to hone my speaking skills again. In this time, the real challenges have been seen, where the discussion is more academic and structured, and we are also challenged to speak in public with a duration of 1-3 minutes. Suppose we only need to speak in front of the camera in the second semester. In the third semester, in that case, we are taught to pay attention to topics, audience feedback, intonation, body language, expressions, and eye contact with the audience.

At the first meeting of the third semester, the discussion was still light, namely about oneself. Even though the discussion was light and not that difficult, I was still hesitant to come forward because it had been a long time since I had practiced speaking. Moreover, I had to pay attention to several essential things in speaking. Even so, I still dared to raise my hand, but I lost faster than my friends, and when the lesson was over, I felt annoyed because I could not perform. Then in the second meeting, I was more daring to appear and no longer wasted my

opportunity. Even though I seem nervous and monotonous, I feel that my performance is not too bad at the beginning of this semester; where I paid attention to small details about public speaking, namely body language, eye contact, and movement control, and I also present topics that are pretty interesting to listen.

Furthermore, at the third meeting, I again felt insecure after seeing the performances of my friends, who were so good that it made me discouraged from coming forward. Besides, I felt unprepared because I needed to prepare my material to be presented. At first, I was confident, thinking I would quickly memorize the material, so I did not need to prepare it in advance. Moreover, when the speaking hour started, Sir Ramli said my name to come forward. Even though I had memorized it a little, the nervousness made my mind go blank, which messed up my speaking. This was because I felt I was not good enough compared to my friends. I know this should not be my friends' fault, but it is my fault for taking things so lightly; in doing so, I feel grateful Sir Ramli still appreciates my appearance.

After that day's incident, I felt very guilty to myself for not being able to perform well. At the next meeting, I prepared everything, starting from the material I was going to present, body language, facial expressions, and so on. Remember that I also asked my friends like Ronald, Puteri, Dhira, April, and others whether my material or spelling was correct. I am very grateful that they helped me prepare for the speaking this time so that I am more confident in performing, and rather than waiting for my name to be called, I prefer to volunteer to appear. Because I feel confident about the material I will be presenting, I have practiced harder to lessen my nervousness even though I sometimes forget a few sentences. However, my performance at this meeting has dramatically improved. I no longer move too much during speaking because I am nervous. On the contrary, I can better control my movements to make the audience feel comfortable because I have prepared myself. At this meeting, I learned a lot from my friends, watching them present good material so that I can perform better in the future.

"Too many people spend too much time trying to perfect something before they do it. Instead of waiting for perfection, run with what you go, and fix it along the way." - **Paul Arden.**

Besides studying with my friends, I watch various television shows and public figures to improve my public speaking. Many public figures have inspired me to improve my public speaking, including Kim Junmyeon and Suho from EXO. To celebrate the 20th year of Stanford's Korea program under Walther, he was invited as one of the program's speakers. Seeing how confident he is even though his English is relatively poor motivates me not to be embarrassed if I do not have much vocabulary. Because of this, I practice my vocabulary to perform better and be more confident like him. Apart from that, I also watch various movies and shows on YouTube, such as Ted Talks, to increase my confidence when speaking in public.

As we know, Ted Talks are public events where the speakers inspire us to speak in public which is good and right. After watching some of their videos, I could practice their body language, movements, and how to speak from one sentence to another fluently. Besides that, I also learned about entertainment or comedy in public speaking because audience response is needed, so we are more relaxed in delivering material. I also learned how to make public speaking topics more interesting. Moreover, when my public speaking lesson started with the theme "Ted Talks," where I discussed "*The Hidden Power of Sad Songs and Rainy Days*" by Susan Cain and Min Kym, should not it was one of my best performances.

"The only thing that truly matters in public speaking is not confidence, stage presence, or smooth talking. It is having something worth saying."

- Chris J. Anderson, TED Talks.

Feeling that my appearance has recently significantly developed makes me satisfied. However, I do not want to relax as usual because the longer the discussion about public speaking becomes more difficult. The level of difficulty that I feel is in the discussion using poster media. In this discussion, we were required to speak using posters and present them in front of the class. It was relatively easy, especially since I had prepared the material long before the speaking started. However, I needed to prepare the poster quickly. Hence, the night before the speaking, I just started making posters and needed more time to memorize my material. So, when the speaking day started, I still had the chance to learn and memorize it. However, that day I did not intend to appear because my posters were elementary and different from those of my friends.

Another thing is that some words from my material could be clearer to remember and even pronounce, which also strengthens my reason for not coming forward. However, because some of my friends could not attend class, we did not want to let all of us appear for the presentation. When it was my turn to appear in front of me, I did not know what to say. I studied my material a bit, but I needed help remembering. I was not nervous either, I just forgot, and fortunately, Sir Ramli and my friends still appreciated my performance.

Continuing to the next speaking meeting, we were tasked with being a reporter who would bring news being discussed by the public. As we know, a few days ago, we could see a total lunar eclipse in Indonesia, including Tarakan, so I took a total lunar eclipse as my speaking topic. I feel happy when none of my friends bring up the same topic as me, and because of this, I am excited to perform well. Too bad we could not perform that day, and it was pushed back to the following week. I took advantage of this to practice more and watch the various reporters who were on television to help with my performance later. I practiced a lot on how to open my appearance well, speak like a reporter, make news enjoyable to listen to, and draw conclusions. This is, of course, a new challenge for me. Seeing my friends' excellent performances does not make me nervous; I feel excited to perform better. I also brought some pictures to support the visualization of my appearance. Furthermore, I was delighted at this meeting because I could perform according to my expectations. There were a few obstacles in this meeting because I had prepared my appearance and practiced from the previous day, so I was very confident to come forward even though, on several occasions, I saw the script because I needed to remember my lines.

"You can speak well if your tongue can deliver the message of your heart."

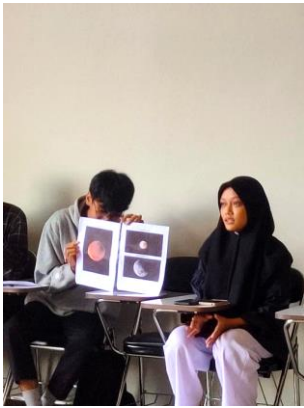
- John Ford.

Moreover, in the last meeting, we were formed into several groups before entering the final semester exam time and given speaking assignments such as playing a role or situation. This is not new for me because I have played roles since middle school. I enjoy practicing with my group mates. Of course, they are not too serious, but they must practice well. I got some of my lines to be more manageable and accessible. I encountered several obstacles here, such as needing to remember my dialogue or where I would start the dialogue. Besides that, we

must play expressions such as laughing, sad, jealous, and so on.

At first, I felt awkward if I had to make an expression as if I was angry or jealous, but I still had to do it until the speaking class started. I felt a little nervous and went back to memorizing the dialogues before I performed so I would remember. However, when it was my group's turn to perform, I felt very nervous because the previous group's performance was so good. I felt shocked when I started the dialogue because my friend should not have mentioned my name. I knew he was improvising, but I could not hide my surprise, so my mind went blank and made me forget some of the dialogue. Even so, I continued talking, but my friend laughed and made me laugh because he could not control my expression. I regretted it but seeing them clapping and my group mates feeling satisfied made me happy too. There are many lessons that I can take from this opportunity, I am happy to be able to perform well with my group, and I also feel happy that other groups can perform well too. In the future, I hope to get another chance to do this again and will do my best than before. I feel grateful to my friends who helped me practice my speaking and expression, and I am also grateful to Sir Ramli for allowing me to speak by playing a role.

I experienced many obstacles and difficulties while learning to speak, starting from feeling anxious, afraid, lacking confidence, and worried about my friends' opinions of my appearance. Not only in the third semester, but I also felt it in the previous semesters, which was very torturous. However, I am grateful that I can still improve from now on by practicing speaking in front of the mirror a lot, watching various television shows about public speaking, and watching social media. I am fortunate to live in this modern era, so it is easy for me to practice and see examples of public speaking through many platforms. However, I still feel guilty for not being able to take advantage of this luck. In the first semester, I was relaxed and did not have to think about public speaking. I did not even look up or study my vocabulary at all. I know this does not seem right, and I cannot continue to be in a zone like this, but I still think of it as trivial. I need more motivation to progress and develop and what I do is relax. Until the third semester, I was worried because I felt I was the only one who was far behind compared to my friends. I was afraid I would not be able to catch up, so at the first meeting of the third semester, I felt sorry for not appearing because I felt very nervous.



Moreover, because of this, I became excited to practice speaking actively even though, on several occasions, I still felt lazy because of the motivation of someone who inspired me. I felt helped. Now I realize someone's words can change our lives. Learning to like things we did not like before is complex, and I am not too fond of public speaking. I am afraid of being the center of attention. I realized that before. I could have improved at public speaking. I needed to gain more vocabulary so

I could continue my speech. I also realized that there was no desire for me to change. All I did was play, relax and be lazy.

Nevertheless, I am grateful for the speaking lesson in this third semester and Sir Ramli because public speaking is now one of my favorite subjects. Now I no longer feel anxious when performing in front of others; even though I am still nervous, I can handle it. I also thank my friends who have helped me improve my public speaking; because of them, I no longer feel anxious or afraid. This speaking lesson helped me in increasing my self-confidence. I also learned that public speaking is about giving information to the audience and how we look at the audience with confidence, smile, and move with our respective portions. I learned much about public speaking in this class and found it helpful. In the future, I want to improve my public speaking and be more confident in giving speeches.

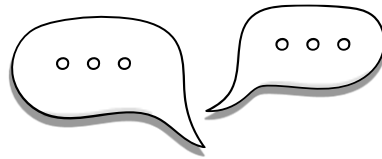
“All the great speakers were bad speakers at first.” - **Ralph Waldo Emerson.**

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“Speaking Experience Is a Long Live Journey”

Siti Juniaty Adhira

Speaking in front of an audience in person is known as Public Speaking. For many individuals, including myself, it is still terrifying. Even though public speaking is not my thing, I genuinely enjoy listening to the talks of motivational speakers. Olivina Maskan, an educational content creator from Indonesia who is now a speaker on Ted Talk, is one of the fantastic speakers who inspire me. Olivia is the same age as me, and I have followed her public speaking journey since junior high school. Olivia always keeps going and consistently works on her public speaking abilities; as a result, she is now a Ted Talk speaker and one of Indonesia's UNICEF representatives. She taught me that nothing is impossible in this world, including overcoming my anxiety about public Speaking.



"The journey of a thousand miles begins with one step."

- Lao Tzu

Public Speaking, or speaking in front of the public, is a skill everyone should have. Speaking in front of an audience while expressing your ideas clearly and openly is known as Public Speaking. Public Speaking is crucial to success in a variety of areas of life. Experience increases confidence, as does everything else.

We sometimes have public speaking anxiety when we lack experience performing on stage. However, you will feel less anxious over time, especially if you have prepared some remarks.

My first experience in public speaking was when I participated in an English speech contest as a high school student. At that time, I was not interested in participating in the speech contest because I had no experience in public speaking. Of course, that was one of my biggest fears, but my friends and teachers always said I could do it. Because of the support of my friends and even then, I finally agreed to participate in the competition. During practice, I met another representative from my school. He was from Malaysia, and his English was very fluent. He already has much experience participating in English competitions, such as debate and speech competitions. Just seeing him perform during practice, I am sure our school will win.

All participants performed epic, including two other representatives from my school. When it was my turn to step up, I felt incredibly nervous. The judge's face was very intimidating. The most unforgettable incident was when the microphone was very high, and my short body had difficulty reaching it. When I gave a speech, the only thing in my head was, "When will this speech end?". After finishing my speech, I got off the stage and headed to my seat. Sure enough, some of the audience and participants chuckled at my appearance. Then my friend said, "They just smile because you sound like a child, and they think it is cute" when I heard that, I was not surprised because my voice was like a child's.

Of course, I did not win, considering I did not have experience and my performance still needed more practice, but I was happy because my friend won the speech contest. My friend was in third place. It is a shame he did not win first place even though his speech was the best among the other participants. Even though I did not have the ambition to win at first, after seeing the champions, I felt disappointed in myself. If I had practiced better, I could be in their shoes too. Because of this speech competition, I got to know Ronald. We did not get close when we were in school; unexpectedly, we met again at the same university and were even in the same class. He is still the same as before, likes to challenge himself by participating in many competitions, and always wins. On the other hand, I have a different ambition than Ronald, but I still want to learn to improve my skills. This effort is my stage in the speaking class, on the small stage with my

friends as the audience.

My entire mindset on public speaking was practically changed by the First Day of Speaking class, which was an incredible experience. I attempted to deliver a speech on the first day of the speaking class. I initially believed everything would go according to plan because I had had enough practice before, but that was not the case. I was trembling and found it difficult to speak clearly. I received feedback from my friends and the lecturer after finishing my speech. I learned a lot in the first class about the history and fundamentals of public speaking, which surprised me. I became aware of the several areas I needed to work on and polish my public speaking class. My perspectives on public speaking changed on the first day of the speaking class.

Our lecturer did not choose who would come first, but he invited anyone who dared to come forward. One of my friends, known for his excellent public speaking, volunteered. My friend's speaking ability is outstanding, his English is very fluent, and the way he delivers his speech is good. That is undoubtedly related to his experiences, where he has participated in competitions requiring good speaking skills. At first, I was very confident going forward, but after seeing his performance, I became insecure. My speaking ability is nothing compared to his. After that, the lecturer invited anyone else who wanted to volunteer. Because no one wanted to move forward, I stepped forward—just a simple speech about the weather that day. I was in the middle of the small stage, and my friends looked at me with eyes believing I could perform well. Then I started my speech with a long enough opening to catch the audience's attention. After that, I started to talk about the weather that day. Some of the audience laughed and were amused by my speech, even though it should have been a formal speech. My speech was finally finished, and I felt very relieved. I should not think that I would not be able to finish my speech smoothly.

After I finished my speech, the lecturer asked my friends to give me feedback. I get positive feedback from my friends and am happy, but I want something else. Some feedback is critical because I still have many speaking shortcomings. After that, I also received feedback from the lecturer that I did not have to open my speech with a long and full of pleasantries. I should have just started to get to the point of my speech. What my lecturer said was very accurate. I should have just gone straight to the point of my speech. Hearing feedback from the lecturer,

I also tried to improve it so that my speech would be more exciting and efficient in the next meeting.

As the first step in improving my speech, I took all of the feedback that was addressed. One of the critical lessons from the lecturer is how to open a speech effectively. My previous method of giving presentations was boring since I typically began them with uninteresting introductions and some unnecessary words. After getting feedback from friends and the lecturer, I changed the opening of my speech to be more effective and exciting. The lecturer then suggested watching Ted's talk and focusing on the opening statements made by the speakers. The first sentence of a speech does not always have to be a greeting; it can also be a question or a quote to grab the audience's attention. I noticed a big difference as I tried to put it into my practice.

Moreover, after several meetings, I discovered my other weakness: the poorly organized content of my speeches. In addition to getting feedback, I also conducted some self-analysis. I discovered one of my main weaknesses, which would make me more nervous because of the poorly organized speech. When I observed several of my friends deliver their speeches, they were good at it, and I discovered that their speeches went smoothly all the way through because they had organized their scripts properly. At the fourth meeting, we learned about "How to manage your writing scripts for speech," After that, I slowly started improving my speech to make it more organized. Practice is the best way to remove your fear and nervousness. Carnegie (2018) stated that "Practice, practice, PRACTICE in speaking before an audience will tend to remove all fear of audiences just as practice and swimming with little confidence and facility in water" (p.2).

Mid-test preparation is quite long, which is about one week. I am glad to hear the news that this speech was held without an audience but in front of the camera. I always feel better in front of the camera because there is no audience to make me nervous. As usual, I always felt petrified and nervous. I could not finish my speech correctly. My mid-test speech was the best speech I have ever made. This speech talks about myself and how I love myself. My favorite quote related to speaking is from the book *The hate you give* by Angie Thomas.

"What is the point of having a voice if you are gonna be silent in those moments you should not be?"

- Angie Thomas, The Hate U Give

Each speaking class meeting delivers new knowledge on public speaking, and the speaking topics are very engaging. At meetings 1 through 7, the lecturer provides lessons on public speaking and guidance on becoming a competent communicator. From meetings 8 through 13, the focus is on 90% practice, and each student has a chance to speak in front of the class. The topics discussed were fascinating, starting with education, technology, personality, health, sociocultural, self-improvement, and environment. Every meeting of the speaking class is valuable and improves my friends and speaking abilities.

My favorite topic is environmental issues, so I created a poster about mangrove forests. I am glad to be able to inform my friends about mangrove forests. Drawing is my hobby, and I was very enthusiastic when I learned the next topic was speaking while presenting posters. I prepared it with pleasure. It has been a long time since I have drawn a poster. The last time was in high school. Not only that, but I was also thrilled because the topic I got was about the environment. I am not an environmental activist, but I like environmental and biology topics. Many environmental topics can be discussed, and I chose to explain mangroves. Why did I choose mangroves? Because mangroves are magical trees!

Moreover, I want everyone to know that, including my friends. Mangroves are critical for biodiversity. They are home to countless species of monkeys, insects, crabs, fish, birds, and more. Mangroves also protect the coast from erosion and protect the balance of forest ecosystems. I gave a poster titled "Mangroves: The Nature's Guardians."

Unlike the previous meetings, I was enthusiastic about coming forward and giving a speech at the Poster Presentation meeting! I cannot wait to share the wonders of mangrove trees with my friends. During the speech, I was not nervous at all. I enjoyed every second of being there while presenting my poster and various information about the wonders of the mangrove forest. I am pleased because my friends like the poster I made. After this Poster Presentation meeting, I realized that we would enjoy every process if we liked our speech material. We will not feel it when we give a speech; our self-confidence will increase. I also

learned that self-confidence arises when we do everything without a burden and enjoy the process. This confidence is because our lecturer also allowed us to make posters according to our creativity.

At the last meeting before the final test, we performed a drama. This meeting is also one of my favorite meetings. I am in a group with Tasya, Arina, Fatimah, Sherlan, and Habib. At first, making a story script was very difficult, and we chose to take the red riding hood story. The Red Riding Hood drama seems boring, so we also made an alternative ending for our Red Riding Hood story. After going through several revisions many times, we finally got our Red Riding Hood story script with an alternative ending. The title of our drama is "The Clever Little Red Riding Hood." In the original story, Red was careless and tricked by a wolf, but in our drama script, Red is a smart kid who always thinks before acting. This version will tell you how little Red Riding Hood should have ended if she thinks before acting.

I play as Red Riding hood. Wearing a red Hoodie and singing like Red Riding Hood was fun. I had so much fun playing Red Riding hood. Fatimah plays the role of Red Riding Hood's mother, and she is very suitable to play the role of Red Riding Hood's fierce mother. Mr. Bear is an additional character that we deliberately added to our version of the Red Riding Hood story. Habib plays Mr. Bear, and here Habib successfully fights the character Mr. Bear, the big bear who is very kind and polite to children. Sherlan plays Mr. Wolf, and to be honest, because of his excellent acting, he was scared when he came up to me as Mr. Wolf. The last one is Arina, who plays the role of grandmother. Arina enjoyed her role as a comedic grandmother, and the audience laughed a lot because of Arina's acting. Tasya is the Narrator, and she makes it more creative by acting as Fairy Godmother who tells stories for children. It was fun playing drama with them. The other groups also performed very well. Some dramas are sad, funny, and emotional. Their drama scripts are creative and carry profound messages and lessons for all of us. This meeting was the most memorable for our class.

During this speaking course, I found one interesting fact about the relationship between student performance and the audience. Some of the students in the class preferred to perform without an audience. In contrast, others found that the audience's existence made them enjoy the stage even more. Sheppard (1887) found that "The audience is an enormous factor in the speaker's

calculations. An eye for his audience and quickness in reading it is another attainment of inestimable value, and one that is susceptible of indefinite cultivation" (p.116). One thing that is very important but is often overlooked by students is the importance of paying attention to the speaker performing in front. Every time I perform, the audience is always engaged with me. When it is my turn as the audience, I will also pay attention to those who are performing. According to Lovemen (2019), "audience members have jobs too. If you are in an audience, remember to pay it forward by being an engaged audience member. It promises you that someone will be an engaged audience member for you too" (chapter 7).

In the end, public speaking is not my most incredible skill, but the speaking course has shown that improving is possible. I had just learned what my public speaking skills were like and how far I could improve them when I started this course, and now I know where my strengths, uniqueness, and weaknesses in public speaking are. I will continue to improve it since I must be able to communicate in front of groups of people in the future to develop my career. This Speaking for Formal Interaction class provides a stage for us to learn and share.

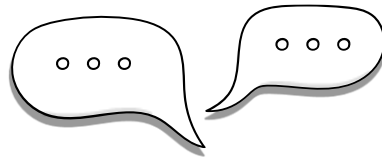
The last beautiful words describe my journey in speaking progress.

“I am beginning to measure myself in strength, not pounds. Sometimes in smiles.”

— **Laurie Halse Anderson, Wintergirls**

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On the Way to Reach a Successful Life

Sauri Adeliah

Do you know what Public Speaking is? Public Speaking is performing a speech in front of an audience. Public speaking can be informal or formal, depending on the audience. It has general purposes, for example, to inform, persuade, and entertain.

There are four types of public speaking, that is ceremonial speaking, demonstrative speaking, informative speaking, and persuasive speaking. Ceremonial speaking is a speech that you give at an informal event. The speakers are usually called Master of Ceremony. Demonstrative speaking is a skill to explain how to do something. *Informative speaking* is a speech that gives some information from one to the others. Persuasive speaking is a speech that mainly proposes to convince the audience of your point of view. Persuasive speeches use many communication skills to reach the most significant impact—for example, tone of voice, body language, and crafting your message.

Since I am an introverted person, anti-social public speaking is my enemy. I am not particularly eager to talk in front of many people. I instead stay quiet and listen to the others than just talk. It is very challenging to attend a speaking class. I have never dreamed about being an excellent public speaker because I will not be a public speaker. Even though sometimes should not that they would be very cool if they could inspire people with their speeches.

Nevertheless, it does not make me feel like I want to be like them enough. From the first meeting to the last, there are 12 materials. The first is to describe

yourself in 3 words, favorite weather, Diversity, education, technology, socio-cultural, professionalism, midterm, TED talks, poster presentation, news reporter, and role-play. At the first meeting, I do not show any performance. I prepare for my topic, but I need to be more confident showing it to my friends. Three words that describe me are quiet, humorous, and realistic. Why am I a quiet person? Because I would not say, I like to talk too much. I only can be a loud person if it is just when I am with my close friends. I love to make some jokes to tell my friends too. It could make me happy when they laughed because of my jokes.

I am doing nothing for the entire class but paying attention to the others' topics. It is pretty fun to see them describing their selves. Sitting and analyzing how they speak up is a good thing to do. That taught me some lessons, such as how to use perfect body language and stay confident. As I remember, the first topic I am showing my performance is about favorite weather. The rain is pouring that day. I am happy because rain is my favorite weather. It was the first time I do speak in front of the speaking class. I already know it will be hard for me to hold my anxiety and stay calm while talking about something I like. I also took a picture of the rain from the class that day.

It is fun to know my friends' favorite weather. Most of them prefer a clear sky. It is because they are extroverts and need to go everywhere without requiring any additional equipment. If only they know how comfortable the rain temperature while doing activities for introverts are. After the meeting, I do not practice my public speaking in front of the class several times. I prepare my topics but cannot deal with my anxiety. My hands suddenly get cold, and I am sweating even though there are air conditioners in the class. That is why I do not try again. Instead, I do nothing that ruins everything I have prepared before. One day, we made groups of four people to practice our public speaking. I already forgot the topic, but I remember that we gave each other some feedback. The feedback from my friends is that I lack vocabulary and need to learn more body language so my speech can get more attention from the audience. My teammates are Sherlan, Mesi, and Rayhan. We are talking about our topic for the midterm test. I had not learned about my topic yet, and that caused my speech to be ruined. I should have learned it before, so I share it with my friends. Nevertheless, it is all right because it is just a practice to improve our time to do the midterm.

The next topic meeting is Diversity. According to Chris Drew (2022), Diversity refers to the inclusion of a wide range of people from different backgrounds. Examples of Diversity include gender, race, ethnicity, socioeconomic, age, cultural, religious, and political diversity. [1] Diversity is the difference between one person to another. As we know, Indonesia is a country that has many ethnicities. However, how can we deal with it? All we need to do is tolerate. No matter how much the difference between us, it cannot be the reason we do racist. The difference is unique, and we must protect them. Even though I often see many people racist toward Chinese and East Indonesian people. In this meeting, I am not performing any speech. It is still pretty hard for me to deal with my anxiety. Like in the past few days, I am just sitting down and analyzing the others. My friend's performance was excellent. However, they also need some improvement. I saw many of them still use incorrect pronunciation for some words. Not only about pronunciation but also need to improve their body language. While analyzing, I wrote down what I should do in their position. We do not need to experience it by ourselves. We can use the experience of the other to get some lessons.

The next meeting topic is education. According to Wikipedia, Education is a purposeful activity directed at achieving specific aims, such as transmitting knowledge or fostering skills and character traits. These aims include the development of understanding, rationality, kindness, and honesty. Various researchers emphasize the role of critical thinking in order to distinguish education from indoctrination. Some theorists require that education results in an improvement in the student. In contrast, others prefer a value-neutral definition of the term. [2] College is also a part of education. We gain knowledge by learning at college, for example, in this speaking class. I am not participating in class to perform a speech about education at this meeting. It is still hard for me to encourage myself. However, I have always attended every class to analyze my friend's improvement. Sometimes they also ask for my opinion about their performance. I admit that I have the skill to measure something. They will not get mad even if I judge them because I am just telling the truth.

I remember a day when Mr. Ramli could not attend class because he needed to go to Malinau. He gave us an assignment. I got psychology as my topic. We need to record our speech and post it to our Instagram accounts. I like to talk

about psychology, which is why I was excited when I got that as my topic. Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape our world. Mental health is a fundamental human right. Furthermore, it is crucial to personal, community, and socioeconomic development. [3]

People always assume their children's mental health is not a severe problem. Many students go to therapists to heal their mental issues. Parents nowadays also pay less attention to their children. They always compare their childhood to children these days. It is different because time changes not only people but also the environment. Covid-19 in children's memories can also affect their mental health. Lockdown makes everyone become introverted person and changes their personality. When the mid-test came, Mr. Ramli told us to choose a topic that could inspire people. The topic that I chose is "You can change your attitude but not your character." As I said before, I love something about psychology. Attitude and behavior are entirely different things. Attitude is how you act in front of people. Meanwhile, behavior is something that grows with you since you are born.

However, if you have a good education and lovely parents, you can have a good character. It is possible to change your bad character, but it requires a long time. Some examples of good characters include patience, loyalty, honesty, and many more. There are some examples of flawed characters, too—sloth, anger, and dishonesty. It would help if you had a long time to change your behavior. It is not easy to throw up something and become a perfect person. For example, I need a very long time to conquer my anxiety to perform a speech in speaking class. Even now, I can quickly get nervous when standing in front of many people.

On the day of the midterm test, we all waited outside for our turn. The audience is only the cameraman, Mr. Ramli, and two or three of us. That situation can reduce my nervousness because there is only a group of audience. When I enter the classroom, the air feels so cold on my skin, even when I am already wearing my sweater. I stand up in front of the camera while trying to reduce my nervousness. I tell the cameraman that I am ready for the record. Moreover, I do

not mess up this time. The material suddenly flows inside my head, and I can speak clearly. I am so happy about that because I significantly improved even though I rarely performed in class.

The next meeting after the mid-test is about TED talks. My topic is sleep quality. It is important to sleep enough. When you start to reduce your sleep hours, your immune getting weaker. It is because the cells inside your body do not get enough rest. The average hour of sleep for adults is about 8 hours a day. I got my stage in that meeting. I confidently share my topic in front of my friends. I ask the audience some questions, but only one person answers my question. It could be because my voice is too tiny that they cannot hear clearly. And then suddenly, anxiety hits me. The air gets too cold, and I am shivering, so I do my best to end my speech smoothly. That is an improvement for me too. For the next meeting, I will draw a poster about global warming. It is very challenging, , but it is fun too. I am used to drawing because it is my hobby. Before the class began, I met my friends and talked about random things. It is so fun and relaxing for me. I felt so for me good and gained confidence for the speech. Thanks to my friends before.

According to National Geographic (2022), Global warming is the long-term warming of the planet's overall temperature. Though this warming trend has been going on for a long time, its pace has significantly increased in the last hundred years due to the burning of fossil fuels. As the human population has increased, so has the volume of fossil fuels burned. Fossil fuels include coal, oil, and natural gas, and burning them causes what is known as the "greenhouse effect" in Earth's atmosphere. [4] Moreover, as I expected before, I can explain my poster to others. Indeed, I still feel nervous, but I enjoyed it. Of all of our posters, my favorite is Zein's poster. He drew it so well, and I feel jealous of him because he is talented. His poster is stunning and has a deep meaning. I would give him a perfect score for it.

The next meeting is the News report. I am the only one who does not perform my topic. It is not because I was not prepared before but because my topic needs to be more mainstream. It is about the Itaewon incident. From what I see in my friend's performance, that topic is performed by more than five people. That makes me insecure. I am afraid that if I cannot bring up that topic nicely. Deep in my heart, I accept it all. I can train my skills later, in any case. So,

I decided to take pictures of all my friends' performances. It could be a pleasant memory someday. They also chat with me to send their pictures to make this journey. I feel so helpful and decided not to regret my choices before. The last meeting topic is role play. It was teamwork. My teammates are Jhur, Safira, Liza, April, and Fatmawaty. Our topic first is Cinderella, but it needed to be more acceptable. So, we decided to make an original story. After a lengthy discussion, we finally have a final result. Moreover, the topic is about mean girls. My role is one of the mean girls with Liza and Fatma. Meanwhile, Jhur is the teacher, and the lovely girls are Safira and April. We often take practice for several days to make an excellent performance. I feel so confident about my skills because I am not performing alone. We got the third for our turn. We sit together and prepare for our time to shine.

Before performing our performance, we set all tables for every situation in the script. There are three different places in our performance. That is the class situation, canteen situation, and cafeteria situation. After we did it, we prepared the camera to record our performance, and then we started it. I do my best for the performance. I watch for my pronunciation, gestures, and facial expression. It was amicable from the beginning till the part when Fatma made a weird face and voice. Suddenly everyone gets bursts of laughter, including my teammates and me. I tried to be professional and wipe my laugh off. And then, we continue our role play. It was all right. At least we could entertain our audience.

Adhira's team catch my attention. They are performing about Red Riding Hood, and she is the main character there. I found it funny when Arina must to coughing while performing since she is taking the role of the granny. Not only that, but the entire members also did well. Every member of that team has many dialogues, but they do not ruin it, and they are pretty cool. After that, we enjoyed another team's performance. Satria's team has a sweet part when Princess Urai and Prince Zein dance in the ballroom. They make the audience cheer for them. The other team is good too. Significantly when Rizal bumps into Haikal, it looks so real, and I am impressed by their performance. In the end, all of us did a great job. I am so lucky to have a classmate like them. We took a picture after the class ended.

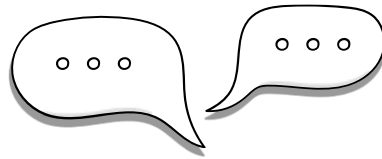
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Beat the Pain, and Face the Fear by Speaking Up!

Aprilia Nur Rizkiana Wahono

Communication is one of the critical aspects of social life. We can establish relationships and be connected through communication. The types of communication used also vary. One example is public speaking. Public speaking is an ability possessed by individuals to convey, present, influence, entertain, invite, motivate, and provide information about a particular topic or problem in front of many people, which is also considered persuasion. Public speaking requires confidence and courage to speak in front of an audience or group. However, various surveys worldwide state that public speaking is one of a person's biggest fears in life. According to a survey by The People's Almanac Book of Lists, out of 3,000 Americans, 21% stated that public speaking is the most frightening thing. The reason is, when doing public speaking, we have to stand alone in front of many people and be the center of attention where all views are only focused on us.

Because of its dynamic nature, public speaking can also be interpreted as an activity that is very close to the word change association. Through public speaking, we can discover the mindset, future ideas, extraordinary ideas, and what kind of changes someone is planning. In public speaking, we need to use excellent and appropriate speaking techniques and strategies when in front of many people, such as practical speaking skills in attitude and technique, conveying information and messages, motivating, and influencing others. According to Lucas (2015: 4.5) in his book, presenting public speaking as follows: *"Public speaking, as its name implies, is a way of making your ideas public - of sharing them with other people and of*

influencing other people."

"Public speaking is a vital means of civic engagement. It is a way to express your ideas and impact issues that matter in society. As a form of empowerment, it can- and often does- make a difference. Public speaking allows you to make a difference in something you care about very much."

Public speaking is also part of leadership, so it can help build and increase leadership abilities. As many of us have seen, a person's belief in their leader starts with words that lead and influence patterns of thought so that there is a sense of trust that the leader is respected and respected. One example of a leader often associated with good public speaking skills is Martin Luther King Jr., an American pastor, and activist who was a spokesman for and leader of the civil rights movement from 1954-1968. In Indonesia, we also had our first President, namely Ir. Soekarno became "One of the Best Speakers" because he made listeners always feel what he was talking about because it had deep meaning in every diction.

"Communication: 20% what you know, 80% how you feel about what you know"

-Jim Rohn-

"It does not matter how elegant the argument is or inspiring the prose is. A presentation will not move anyone if the presenter is not visibly feeling what they are saying"

-John Neffinger-

Public speaking is beneficial and is needed in professional life. Therefore it is vital to learn and develop the ability to speak in front of many people. However, behind that, there are many challenges and worries when standing at the center of attention in front of many people. Many things must be considered, such as the selection of diction, repetition of words, the way of conveying messages, gestures, facial expressions, intonation, emotional control, and most importantly, what feedback is given to the audience. We also must find effective ways to overcome mistakes when speaking in front of many people.

Based on my experience during school life to lectures that cannot be separated from public speaking, just like most people, public speaking is the most frightening thing, capable of causing stress and stimulating adrenaline. For

someone shy and introverted like me, this is the biggest challenge in social life as I would not say I like crowds and do not like to be the center of attention. Even outside of public speaking, I am a person who finds it difficult to express something and is used to keeping opinions to myself, so I feel noisy in my head with opinions that keep on coming to mind but are challenging to get out and difficult to voice. I always push myself to be more confident and not have to think about other people's opinions. However, it is complicated because negative thoughts always appear even when I have yet to try. "What if I am wrong later?", "If I am wrong, what will they think of me?", "How will they look at me later after knowing that my ability is still far below theirs?" and feelings of insecurity in contrasting ability levels compared to my friends, so the negative thoughts kept coming.

In semesters one and two, I have yet to progress in my public speaking ability, which some of my other friends may also feel. This is because lectures are still online in the early semester, so they still use underhand methods by looking at scripts or texts. Besides that, motivation to study at that time still needed to be improved because of the emergence of a sense of contrast between school life and college life, making it difficult to adjust and take the initiative to find effective ways of independent learning. In this third semester, there is a speaking class that focuses on performances in public speaking. My opportunities are hampered, and there is no progress because of my earlier lack of courage, confidence, and insecurity. From the first to the seventh meeting, I could only see my friends come forward to present something to the front. At the same time, I just sat down, and after that, I had to go home in regret because it did not bring any results. I did not even know how far my abilities had gone. As an English Education student at Borneo Tarakan University, another difficult thing is language. My English still needs to improve, both pronunciation, vocabulary, and grammar. The first thing to do before speaking in class is to determine specific topics about general topics that have been given the day before the class schedule. After that, arrange the contents of the information that will be conveyed in class later, then memorize it. Up to that stage, I was pretty good at it even though I was still 100% glued to the script because I still could not improvise.

Until the midterm exam (PTS), we are required to perform on the topic that has been chosen. On the day of the test, while waiting for their turn, everything

went smoothly without anyone forgetting a word. However, I suddenly forgot a few sentences when I entered the classroom. Some parts needed to be included. At that moment, I felt like I was riding a rollercoaster. The adrenaline was racing, my heart was beating fast, and my palms and feet were cold. I was proving that public speaking can cause stress and anxiety. According to Burgon and Ruffner (1978), public speaking anxiety is influenced by three aspects, namely (1) Unwillingness in which there is no individual interest in speaking in public, (2) Unrewarding in which there is no appreciation, (3) Uncontrol, precisely the inability of individuals to control the situation so that these three aspects can be a factor in the occurrence of anxiety when public speaking.

Based on my experience, the first and third factors are more dominant than the third. The interest is there, but it feels like a war with oneself for trying to get out of the comfort zone. This also sometimes gives rise to the feeling of skipping speaking class, but if you think about it, it would be a loss if you missed just one class. For the third factor, controlling internal and external situations is challenging. We may not be able to control the mistakes that we will make or mistakes from the environment around us that disturb our concentration. It is nervousness that can mess things up. If we cannot control our nervousness, it will be challenging to speak comfortably in public. This nervous feeling arises because of a lack of confidence in oneself, a feeling that one lacks the ability and potential to speak.

At the 13th meeting, we did public speaking with the theme of news reports. The preparations for the performance of the 13th meeting were very well prepared. I even prepared several sheets of paper as supporting property media. The news I selected at that time was the latest news regarding the Halloween Party Incident. I felt very excited because I was very interested in the topic. Besides that, I convinced myself to progress at the meeting by changing my mindset that we cannot control someone's thoughts to think about us, which is normal. So, if I follow my previous mindset, I have nothing to grow and progress.

"Giving up is easy, but you will not get any outcomes in the end. Diligence is hard, but you will get a lot out of it in the end. All to need bravery for good outcomes."

-Hwang Renjun-

This quote from Renjun motivated me to be brave and confident in taking

steps forward and facing all obstacles. The anxiety came when I chose to go ahead and present what I had prepared. However, I make it positive and natural. It is positive to be used as a driving force and a feeling of excitement. It is natural because everyone must feel that. When I have come forward, I give my best by raising my voice, making eye contact with my friends one by one, and paying attention to gestures and intonation. However, I made a mistake during the performance by forgetting the script I had memorized. For a moment, I was speechless then I used many fillers, as Mr. Ramli said. Thankfully, I could get over it quickly, get on with my report, and keep a casual look. When I finished presenting the news report, there was a feeling of relief and a bit of pride in myself... maybe. From these performances, I can find out how far I have progressed and how much could be improved in my public speaking skills and get feedback from others. Hearing the applause from my friends made me realize that no matter how small it is, with effort, there will be an award later.

After the 13th meeting, I felt more confident and a little addicted to performing public speaking and waiting for a response from the audience. The next meeting was a role play where we were divided into several groups and presented something new from previous performances. The whole group looks very much looking forward to and is excited about what scenario will be presented in front of the class later. Everything went smoothly, and the performance this time was more effortless, and I did not feel too much pressure. I was grateful to meet my teammates who could support and encourage each other. I can digest and feel the emotions and feelings that must be conveyed in the role play.

I was touched that from the start, a group of us started from scratch, explicitly creating and compiling scripts, and even had time to change themes several times. Then there was practice time, which was spent laughing and joking, getting to know each other more deeply, building bonds, and trying to get closer and more comfortable. The performance arrived when I was not worried or afraid of forgetting the script. However, I was afraid to laugh at each other because that made the pre-performance pressure and stress disappear. After everything was finished, there was a separate euphoria for presenting the drama successfully.

Even so, I am still trying to improve my public speaking skills. Building courage and self-confidence is the key to starting the process. When I am doing

something, my brain tries to compose sentences per sentence to describe something that I see and immediately say it as if I am explaining it to someone else. This is Mr. Jhoni's advice that I follow. Little by little, my vocabulary is increasing, my pronunciation is improving, and I am still trying to use sound and proper grammar. Watching and listening to a lot of English music is also beneficial for public speaking because it stimulates our brains to keep learning and practicing in a fun way, specifically doing interests and hobbies. I feel many changes in this third semester as well as with other friends. Even though there are many complaints, thanks to the effort and hard work, we can all improve our public speaking skills. I can also know how to overcome all problems and anxiety during public speaking. While participating in the speaking class, we not only learn how to be excellent public speakers but also stimulate and train our brains to be creative in thinking about information material that will be given to the audience, as well as helping us to think critically in conveying information.

Every meeting in the speaking class is precious, how we know how far our abilities have gone and how to make up for our shortcomings while appearing in public speaking. Many things can be learned and become inspiration and motivation from the enthusiasm and confidence of other friends. There are many memories of progressing together and giving each other encouragement and support. In addition, self-confidence is also essential. We must believe that every individual has the potential to speak in public. It only remains to develop his abilities. Loving yourself and respecting yourself is one of the rewards that can be obtained after trying to fight yourself to move forward by taking risks. In fact,



in this world, there are several choices. Do we choose to go ahead and take risks and gain learning and experience? Or do we stay at one point just because we do not dare to get out of our comfort zone and challenge ourselves? Or tried but give up? Moreover, from those choices, we can know what results we will get.

After this, I can express my ideas clearly and boldly without overthinking what other people say and overcome all problems during public speaking in the future. Moreover, I will always get the motivation to continue to develop and

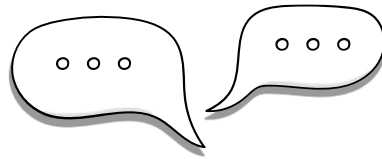
improve my public speaking skills. I am also very grateful to Mr. Ramli, who always appreciates every effort we make and is very grateful to be part of A2 Local, which contains supportive people who care about one another.

Moreover, I realize that these fears are everyday things that can be used as a driving force to go beyond the limits to achieve self-quality. Failure, thousands of times, do not mean it is a sign to stop. However, from that failure, we can use experience and learning to improve our abilities, especially public speaking is an ability that can be developed through education, training, and development.

"Failure is not the end of everything, but the beginning of striving for a new way."

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Give Up? No Way!

Sherlan Juanda Putra

I have seen many great public speakers through the internet or Tv shows. I envy and wonder how they can be so good at public speaking. Were they born with that gift, or did they have that ability since they were children? Were they different from me? I always ask those questions to myself. When I searched on the internet for "how to speak in public," I never found an appropriate method, and I gave up. I will never become like them. However, everything changed when I entered university. I want to learn how to talk in public.

"The Apostle Paul tells us that every man must achieve his salvation. All we can do here is offer suggestions on preparing for your plunge. The real plunge no one can take for you. A doctor may prescribe, but you must take medicine."

Carnagey & J. Berg Esenwein, *The Art of Public Speaking*

Public speaking is a new thing to me. Even though I am a man, I am timid when I talk to other people, and yes, it is one of the reasons why I am not good at public speaking. Many people thought that I was an introvert and would never succeed. It hurt me, and I decided to change when I entered university. I have been trying so hard to overcome my shyness, and I am glad there is a public speaking course in my major it helps me learn how to talk in public and respond when someone gives feedback. I have been thinking about becoming an English teacher, and a public speaking course is an opportunity to learn and improve my speaking ability, especially in public. I was excited on my first day in the public speaking course because it was my first time learning how to talk in public. However, I was so nervous and did not feel confident talking in front of people

when the lecturer pointed at me and wanted me to perform my speaking ability. I was nervous, and my breath became heavy. I did not know what to do, my mind became blank, and my hand was shaking, but I did not want to embarrass myself, so I just said everything that came into my mind. After performing my speech, I became relaxed.

It was an excellent experience, but on the other hand, I felt happy and proud of myself because the impossible thing happened to me. Something that I would never experience; I had beaten my shyness for the first time in my life. I should not I would never speak in public because of my shyness, but here I have done it, and I see this as the beginning of my learning process of public speaking. Even though it was terrible at first, it was still an improvement from my past self.

"Practise, practice, PRACTISE in speaking before an audience will tend to remove all fear of audiences, just as practice in swimming will lead to confidence and facility in the water. You must learn to speak by speaking."

Carnagey & J. Berg Esenwein, The Art of Public Speaking

Besides my shyness, I am always afraid of people's reactions and what they think of me when talking in public. I want to avoid hearing their reaction to my performance because they will criticize me and give me bad feedback. That feelings hinder me from achieving my goals. I cannot speak clearly because I always think about their reaction, I cannot get it away from my mind, and I would not say I like it. I should not that If I could beat my shyness, I would finally speak in public with confidence, but no, another problem was complicated for me to beat, and I wanted to erase it through the public speaking course. Because I have two problems preventing me from becoming a great public speaker, I prepared a plan to deal with these problems. First, I must train myself and get used to speaking in public. Second I need to build good relationships with other students and hear their feedback about my performance. With this plan, I can solve my problems.

I have to get used to speaking in public by training myself to speak in front of my friends. It helps me because every time I speak in front of them, it feels like I am improving and getting better. It helps me to get close to them and build a good relationships. It also helps me to erase my shyness. Every meeting feels exciting, and I am happy to learn about public speaking. Over time I got used to it and did not feel nervous anymore. My hand did not shake like the first time.

Moreover, I need to hear my friend's feedback about my performance because what is the point of giving a speech in front of the public without getting feedback? My friends gave me good feedback, told me about my mistakes and what I needed to improve, and gave me advice. I was happy about it. After all, it is different from what I always think. They did not insult or laugh at me. They were kind and supported me. I felt glad and finally could improve myself without feeling shy.

Now, let us talk about my speaking journey, so I already got a speaking course in the second semester, but because of the Covid-19 pandemic, we learned through zoom meetings. It could have been more effective because we only spoke in front of our smartphones. The lecturer wanted us to make a video of every meeting and send it online. So, I did not feel an improvement in myself, this is public speaking, but why I am talking on a phone, even in the mid and final test, we do it online via zoom meetings. I liked the lecture and how she taught us, but it became boring and ineffective because she taught us online. So, I will be in the third semester when the pandemic is gone. I see a speaking course this semester, which is an excellent opportunity to improve myself. I am pleased and excited; I cannot wait to learn in this course. So, in the first meeting, we talked about "Describe yourself in 3 words". This is one of my favorite topics because I can say anything I want about myself without feeling pressured. I can express myself; however, I want, even though I am shy. I choose "kind, trustworthy, and friendly" To describe myself.

The reason I choose those words is that they represent me. First, I choose kind because I always think about others, no matter their gender, age, religion, ethnicity, or skin color. I always treat them equally. Kindness is when we can accept the difference between human beings. Second, I choose trustworthy because I never let anyone down and always keep my word. I respect my friends and their trust in me. I know how it feels when someone lies to you and does not keep his word. It hurts. We cannot see the impact on the outside, but everything inside is destroyed. I do not want my friends to feel that, so I try to keep my promise. Third, I choose friendly because I am always kind to everyone and want to be friends with them. Yes, I am a shy person trying to speak and socialize with new people. It is fun when I make new friends and share anything with them.

Because it is the first meeting, everyone feels uncomfortable and cannot show

their capability, including me. Nevertheless, it was a good start, even though not everyone came to the stage to speak about their personality, I can see some of my friend's performances and some of them even showed no fear, they spoke bravely in front of all of us, I was impressed by his performance, and I said to myself "I will become like him one day."

"If you can learn to do it, your self-confidence will flourish, and you may be amazed at the beneficial impact it can have on your success in life; however, you might choose to define that."

Anderson, The Official TED Guide to Public Speaking

In the second meeting, we talked about "Weather." The lecturer wants us to choose what season we like. We used simple vocabulary and discussed what season is better and why you chose that season. So, I choose winter. Even though I have never felt winter, I can tell that season because, in winter, I can wear any outfit I want without worrying about sweat. I am a suit fan, I like neat suits and formal styles, but I need to work on wearing them in my country because it is too hot. I am quickly getting sweaty and hate it.

In the third meeting, we talked about "Diversity," how we need to respect everyone else regardless of religion or ethnicity, and how diversity is in our class. Some students talked about how different people show love differently, how to respect diversity in class, and how to stop bullying because of different ethnic and religions. I was impressed by their performance, and yes, I envy them a little bit, and because of that, I felt inferior to them. When my time came, I felt so nervous and did not know what to say. I just said everything that came to mind, and I do not know why my friends laughed. Even the lecturers and I laughed. I did not even joke or try to be funny, but they laughed. It made me even more nervous than before, but I tried to fight it and show my best to them. In the third meeting, the lectures also told us about the use of gestures in public speaking, so we were taught how to speak appropriately in public and how to show correct gestures and hand movements. It is awkward at first, but still, it is an improvement.

In the fourth meeting, we talked about "Education" the lectures wanted us to imagine ourselves as teachers and how we educated our students. The lectures also wanted us to speak about education in the 21st century. Few students wanted to perform on stage, but they were still afraid and refused to come and perform

their speaking. The lectures even warned us that if we do not do it now, how can we improve? The lecturers must call their names and force them onto the stage. I was afraid, my heart was beating fast, and sweating a little bit, but I said to myself, "I cannot let these feelings take control over me. I am strong, I am better than my past self, I can do it", so I came to stage and perform my speaking in front of my friends, I spoke while fighting my fear.

In the fifth meeting, we discussed " Technology " and how technology affected students in the 21st century and how we, as future teachers, use technology to teach our students in the future. Many students were still afraid to come onto the stage in this meeting. They did not want to show their performance. I did not know why. I am also shy and afraid, but I fought it and did not let those feelings control me. When I came to the stage, I tried to speak while showing hand gestures. It felt strange and awkward at first, until the end, and yes, as usual, they laughed at me, it was not because they mocked me but because they thought I was joking, but the truth is I was not. In the sixth and seventh meetings, we discussed "Socio culture and Professionalism" we discussed many things here. The lectures taught us how to act professionally in front of our students and not bring personal problems into our class. He also taught us to speak professionally in front of the public. I learned much important information in these meetings, I know how to use correct grammar and educated words and avoid unimportant words or sounds like" Uhh, hmm, yes, so, Etc."

I tried to use this new information in my speaking, and when I came to the stage, I tried to use more gestures and avoid unimportant words. It was hard because I was uncomfortable speaking in front of people while paying attention to the words I used, especially regarding grammar. I even repeated my sentence to correct it, destroying my mood. Nevertheless, I cannot give up just because of this minor problem. I will learn and improve myself to become an excellent public speaker. I have become better than before.

"Public speaking teaches skills that can help you succeed academically, learn actively, and develop confidence. These are the personal benefits of public speaking."

Grice & John F. Skinner, Mastering Public Speaking

To test our speaking ability in mid-test, the lecturer gave us one week to prepare, and he said it would be held without an audience but in front of a

camera. It was good news for us, but I was still nervous. Nervousness was another problem I was facing. The fear of the camera and shyness is my enemy, and the camera is part of it. should not after practicing for two months in front of the public would help me in the Midwest, but nothing has changed in me. I was still my old self when I saw a camera pointing at me, and the lecture said action. My mind was blank for a while, and my heart was pounding hard, but I was not giving up and kept moving until the end. Finally, I performed my speaking, which was fitting because the lecture did not discuss it.

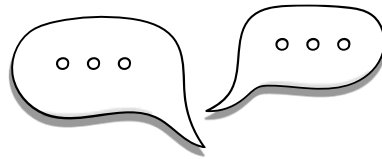
Every meeting was fun and fabulous. One of my favorite meetings was meeting ten when the lecturer wanted us to make a poster and present it in class. It was fun. We poured our imagination into our poster. We also tested our drawing skills. Comparing my friend's poster to mine was like comparing an adult to a child. My drawing was so childish and colorful, it looked like a child made it, but still, it was awesome. Each of us presented our poster on stage, and it was a good performance. Finally, my favorite topic, "Role Play," the lecture told us to choose a story and perform it in class. So, we make a group of six, Siti, Habib, Arina, Tasya, Fatimah, and me. At first, we did not know what to do because this was the first time we had performed a drama. None of us ever did drama before. Even after one week, we did not get any idea, so Siti said to perform "The Little Red Riding Hood Nevertheless." it was boring and cliché, so we changed the story a little bit and added some plot twists to it. As we expected, it was excellent and funny. Everyone was laughing.

The other groups also did a great job. They performed their drama well. I like their efforts and actions. One of them even brought a sound system and changed their outfit. Each drama had a different genre, some of them sad, tense, and funny. So, the class atmosphere was not tense and dull, and their acting skills were beyond my expectation. It was so good; I did not even see my watch. This meeting was one of the most memorable experiences I had. Finally, I have seen myself improve every meeting, and so do my friends. I have learned so much important information and experience on how to speak correctly in front of the public. With all my experience and knowledge from meeting one, I can finally solve my problem. This is something that should not was impossible and never happened—many thanks to my lecturer and friends who helped and supported me. I could not do it without your help.



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My Journey in Speaking Class

Clara Lydia Kansil

Hi, Can you see the picture? Yap that is me as a part of English Education Universitas Borneo Tarakan, my name is Clara Lydia Kansil, and my friends call me Lala. I am 19 years old, born in Tarakan on June 19, 2003, and the first child of three siblings. I am writing to reflect on myself to see my progress in speaking. In my third year as a student here, I am taking one convulsive course called *a speaking course*. David Zarefsky, public speaking strategies for success; "*Public speaking is a continuous communication process in which messages and signals circulate back and forth between speakers and listeners.*" Talking about public speaking is a familiar thing to learn. I have seen many great public speakers on the internet or on TV shows. I believe the first thing one needs to prepare for is "self-confident" because this course we can guarantee. Speaking is one of the skills in English; there are several components besides speaking, reading, listening, and writing. Now we discuss one of them speaking. I always think about how they can be so good at public speaking.



Nevertheless, it is a challenge for many people like me. Public speaking is not my passion. I prefer to speak up, and usually, in speaking, I am not in attendance because I feel I can not feel confident with myself, but my major brings me to leave my comfort zone. I cannot tell you about my progress in speaking class.

(This is a journey)

I do not know how to start this story but let me start by telling you how struggling I am at the beginning of this course. I have been thinking about becoming an English teacher, and a public speaking course is an opportunity to learn and improve my speaking ability, especially in public. Mr. Ramli gives us 2-3 minutes to speak up in the first meeting. Before class, he always reminds us to prepare the script so we can discuss personality. However, I would not say I like speaking class, and I make a simple script, and yeah, I also have problems with other people. When I talk in public, I am always afraid of people's reactions and what they think about me.

As a first step in improving my speech, I take all the feedback given to me. One of the critical lessons from the lectures is how to open a speech effectively. Mr. Ramli then suggests watching Ted Talk and focusing on the opening statement made by speakers. The first speech can be a greeting. It can also be a question or quote to grab the audience's attention. Each speaking class meeting delivers new material on the art of public speaking, and the speaking topics are very engaging. From meeting one until 7, my lecture provides a lesson on the art of public speaking and guidance on becoming a competent communicator and meeting one until seven. Honest, I need better progress. Sometimes I am absent from speaking class because I am not confident, afraid, and worried, and yeah if I can not prepare my script and make less progress, I can speak for only around one minute, even if it requires 2-3 minutes to speak up. In the first meeting, talking about "*describe yourself in 3 words*". I describe myself as an introverted person in class. I like to sleep, I like to hang out, and after practicing this meeting, I do not prepare my script because I do not go to the stage to speak, but suddenly, my lecturer mentions my name, and I only speak what is in my mind. That is my first meeting.

In the second meeting, we talked about the "*weather*." I can not say much because I did not go to the stage to speak, and I do not mind not going to the stage because feeling nervous in the class. That feeling always haunts me to avoid speaking. I like all weather but the weather that I like the most when talking about the weather. When it is cloudy, we can feel fresh to do any outside activities. I also like deep sleeping when raining. The dry season sometimes makes me get sweaty and uncomfortable. According to Landgren, *individual differences relate to variations that occur, both variations in physical and psychological aspects.*

I did not attend the third meeting about "*diversity*" because I did not know what to say. I was also feeling unwell; yes, there were many other reasons. In this meeting, we were asked to make a video and upload it on social media. I could, but I still needed to get the clue paper my lecture gave me while I was not present, so I only had a little to tell at this meeting. *Ki Hajar Dewantara (Father of Indonesian National Education) explained the meaning of education, namely: Education is an agreement in the life of the growth of children, while that is to say, education is to guide all the natural forces that exist in these children so that they as human beings and as members of society can achieve the highest safety and happiness.*

In the fourth meeting, we talked about "*education*" in this meeting, I was preparing my script, but I did not need to speak because my script was the same as my friends which made me unconfident to talk but yeah, my lecturer called my name. I speak if educated important for everyone. Education is crucial because of all things we need education. In my area, educated women will be viewed favorably by society. Nevertheless, it is not only in the area, in all regions, maybe that is how it is now, but you can also see young and older people competing to get an education to have a bright and happy future. From meeting one until 3, I do not have progress. Because for me, everyone cannot do that.

Meeting fifth, talking about "*technology*" this meeting, honestly, was when I did not speak because of unpreparedness. I guessed I did not go forward and deliver my speech, but it was unpredictable when my name was called to talk about technology. Furthermore, after that, I kept quiet. I did not know what to say, and finally, my lecturer allowed me to sit back. This was the embarrassing part for me. I just remembered what happened, so I only have a few words for this part. Meetings sixth and seventh talked about "*socio-cultural and professionalism*" I do not remember this part, but the progress is still the same. I remember this meeting I did not finish my script; I stopped in the middle of the road because I forgot what I wanted to talk about. This is an embarrassing thing. I am still insecure and cannot string words together to make a long script so I can talk in the front for a long time.

From the first meeting until the seventh, I have had little progress in these parts. When I can make an opening to stage my progress in seven meetings, I know that is not progress, but it is an achievement for me. I still need more speaking; I still feel like I cannot do it, and I still like to feel shy and unconfident.

I have too many fears about speaking classes, so I do not take speaking classes. I know it is not good, but yeah, it is not good to take part in. Approaching mid-semester, I felt scared and almost did not want to take part in midterm even though my friend gave me support and helped me; my fear was tremendous, and in the end, I worked up the courage to prepare my script with the title *How to live before you die*, I can only make a makeshift script that I can understand and remember.

I do not have many stories from the previous meeting because I am still adapting to the previous meeting, and this picture is from when I was mid-semester. This part is very stressful for me because this is the first time I will talk for 5 minutes; for some people, it is easier, but the process took me a long time to make a long script. So I could talk for a long time, and I tried to understand and understand my material for about a week. I prepared myself even though in class, only my lecturer and cameraman saw that I still felt nervous. Before I entered the room for recording, there were many fears that should not of immediately. I was afraid to stop while talking. I was afraid that I would forget my script, and I was afraid that I would speak too fast so that it did not match the time allotted. I am grateful to have friends who continually provide support. They always said that if I could do it, I could fight my fear, and the time had come for my name to be called.

When my name was called and I walked into the room, I started to speak. I had surrendered everything to myself no matter what happened. I did not care if things that were afraid happened; I did not care what was on my mind. The most important thing is that I finished my speech no matter what happened, and when it was close to 5 minutes, I started not knowing What else I wanted to talk about, and I said what was on my mind, and yeah, I finished my speaking. I am relieved that I have finished my speaking well and this incident it made me change my bad habits a little. This part made me confident, and I became brave. After the midterm assessment, I evaluated what was lacking and what I had to improve in my speaking. After a few weeks in speaking class meetings, I got things that I felt had changed; namely, I became calmer, not too nervous when facing the fear within myself, be more, yeah, a little brave even though sometimes the intention to move forward their doubts. However, it is okay. I have become more courageous in expressing what I want to express. In terms of speaking, there used

to be no feeling. I am so confident now that it is less and less over time.

Next meeting, we made a poster, and do you know I still needed to prepare my poster and my script? That day, I planned not to take the speaking class because there was no preparation. However, my friend said he would help and forbade me not to attend the class that day, and yeah, during recess, my friend took me to the library to make posters and scripts together. That is a bad thing. That is still hard for me to get off because I still feel unable to take this class. I also made a concise script because I did not know what I wanted to talk about in my poster and when my name was called the last time I was very embarrassed by my makeshift picture and the way I spoke when I finished speaking, they were



shocked because I only spoke very little, the same thing happened again. I felt like a failure at this meeting. And then, we practiced being news reporters at this meeting. My lecturer did not enter but gave me an assignment I did not like, namely making a video and uploading it on social

media, and yes, it happened again. I did not make this assignment. I do not like to upload it on my social media. After all, I feel embarrassed to be seen by my followers because I am not good at speaking English, and I am afraid to read people's criticism about my assignment, so I prefer not to upload videos on social media.

This is the last meeting before the semester's final exam. This picture explains that we are doing a drama. Before we did this activity, there were many stories in it. Here we only have one week to prepare the drama from the cast selection script. When we were given the task that we would carry out the drama at first, we still had not made the drama script a few days before the time for the drama; we just made the script about four days before the drama, and yeah, in four days we have to memorize our drama it is not an easy thing because if you do not prepare, the drama will not go well. However, I had a solid group of friends, and finally, we were able to prepare for our drama; even though it was not as good as the other groups, we gave our best for the class then. When the drama started, much fear arose. I was always afraid not to improve the drama script, but it turned out that I could finish my drama well. In this case, I see from myself that I try to

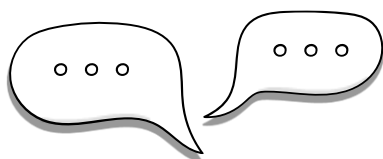
get out of the zone, not caring about what is happening around me. All of this happened because I did not mind if I failed. It means we need to change so we do not make the same mistake twice, or we do not want to take risks because we are afraid.

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According to Landgren, *individual differences relate to*
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Ki Hajar Dewantara (Father of Indonesian National Education) explained the meaning of education, namely <https://pgsd.upy.ac.id/index.php/8-artikel-pendidikan/11-pengertian-pendidikan>



Forced Is Not Always a Bad Thing

Siti Nurhaliza

About speaking, who does not know that? Everyone has stepped forward as a public speaker and what it was like when they first did public Speaking. Nervousness must haunt their instincts and thoughts. Not infrequently, people can be seen shaking or stuttering. Talking about speaking, I have some stories from when I was in high school to when I entered college. The first time I did Public Speaking was when I was forced by my friend to take part in an art competition in form of English. I avoided seeing the hustle and bustle of people staring at me. It made me want to move from there quickly, but my friend cheered me up very well and was always by my side as long as I prepared myself. The first time I went on stage, I did not do much talking, even though I just had to repeat the talk I had memorized. Everything is gone like a burn by fire, missing. I was shaking. I panicked but saluted. I continued my performance until it was finished. It was my first time showing myself in public.

When I was in the 2nd grade of high school, my friend still appointed me to do Public Speaking, and it made me sick and run away from her for two days. She was also fed up with me because she wanted me to appear in the competition to accompany her. she brought my religion teacher to persuade me to join the competition. I wanted to scream. No, but I was impolite and very rebellious with a soft heart and could not refuse. I agreed. For the first time, I had to memorize five sheets of paper for a competition. I immediately said, "Okay, ma'am, I cannot please replace me with someone else," but she replied, "No, you can. I will help. You have not tried it yet," so I replied, "I am okay ma'am to give up first" she laughed and kept helping me in my training. I memorized those five pages in just three weeks. Crying was my breakfast before practice. I had many exams to do,

even when my voice contest disappeared for some reason. I panicked and wanted to cross out my name from the contestants. As soon as it the D-day, I was shaking violently. My hands were so cold, but my teacher came to me and told me something "look at the door, not the person" to be honest, this affected me. For the first time, I stepped out in public with nervousness and did not make eye contact with the audience.

I was so surprised when my name was called the champion; even though it was only the hopeful champion, I was still surprised. Even though there is someone better than me, his name does not exist if that my Public Speaking is beyond memorization and I improvise. Since then, I have been actively participating in poetry and debate competitions and joining organizations until finally. I became a speaker for my first- and second-year students. I trained for that long until a corona pandemic appeared, which made the school holidays very long. Because of this pandemic, I only left the house a little and only played on my cell phone until I finally graduated and became a student at the University of Borneo campus. When I was undergoing the Ospek campus, I became an introvert.

Again, I did not want to speak in public again, even though I was told to introduce myself, but my body refused. So, I pretended that my network was terrible and turned off the camera because, at that time, I was still in a corona pandemic and had to go online. I spent the first semester online, and I kept learning to practice speaking every day even though I knew I was not the type I used to be. With this intention, I keep learning even though sometimes my video assignments are a little messed up because I like to forget the Pronoun. However, the lecturer still praised me and prayed for me to be even better in the future, and because of that, I was even more enthusiastic about learning. Now I will tell you about my Speaking journey from the first to the last meeting I attended.

According to Lasmery RM Girsang (2018), public speakers' confidence and a good impression are seen from the audience's point of view. Liza took a deep breath and then let it out when she heard that the Speaking hour was about to start. Her best friend, Fatimah, sipped her tea while looking at her frustrated friend. She was afraid of being pointed out in public. "Relax, you are not necessarily appointed to go first," he said as he fixed his hair. It is effortless for her to say the problem is that I spent much time at home because of the pandemic

last year. The sound of feet jostling into the room, tables scattering like a common sight, the room is so cold and pierces the depths of my skin, supporting my panic, making my whole body stiff and cold.

The lecturer enters the room. The aura is getting more complicated for me. He said that from the beginning of the semester to the end, all students would move forward so that their skills develop. My brain immediately ordered me to keep quiet and never be an ambitious student. Seeing people's gazes is like eyes ready to blaspheme all the mistakes I will make in the future. "If some of you do not dare to move forward, what about your grades? Attendance will not be enough for this course," as if reading my mind, the lecturer seemed to be encouraging all of us to have the courage to stand up and speak in front of the public. We were also instructed to arrange the chairs into a U so we could look at the Presenter. We were only given some material and learning contracts the first time we met. Please give us some tips, so we are not afraid to move forward. There needed to be more practice for our first meeting. We were only introduced to the subjects that would become friends for the next few meetings.

Everything went smoothly without any obstacles or public scrutiny that I had to face. Until finally I met the second meeting. So nervous, you can imagine if you have to meet again on the same day and will do the same thing again. It is possible for me not to attend. However, remember the efforts of our parents to allow us to go to college. In that case, this is self-motivating, making me more excited again, no matter the obstacles. All students were instructed to talk about themselves and what they had been through during the holidays. No one dared to come forward to show themselves until finally, Jhur stepped forward as the first Presenter. I got lots of stories from him and I could learn from him. Even so, it will not make me move forward because fear is still comfortable inside of me until I drive it out myself.

One by one, they began to present themselves, and the lecturer corrected some of our speeches and how to convey the material we had prepared so that the audience would be interested in us. Even until the hour is over, I can not cooperate with my body to present myself confidently. I remain what I want. I am not ambitious as long as I attend this course enough. Nevertheless, once again, it seems that the lecturer has a sixth sense penetrating my mind that absent attendance will not be enough to pass. Little by little I try to get rid of the fear

that has nested in my mind for so long. Until I made some promises to myself that if I came forward for the next meeting, I would buy myself the food that I already wanted because, as a college student, money is significant. Spending must also be thought of more than three times to buy something.

As I promised, the third meeting came so fast, like just yesterday. At the meeting, the lecturer told us to do this Speaking; we had to be in pairs because this was when I met Ribka. We were instructed to tell each other what we like about ourselves and what we usually do at home in 10 minutes. Pairing with Ribka is full of stories but only for her, not for me. I prefer to hear people talk because, with that, I know how that person's attitude towards each other. Time passed, and only Ribka told the story. If a group of zombies attacked the world, maybe Ribka was the one who survived because maybe she had devised a plan, or maybe she was the one who first died because she never stopped talking. Then the time passed, and I plucked up the courage to be a presenter.

The first thing I feel is a panic attack because so many eyes looking at me and I was like, "let us go home and never try again," but I remembered my lecture said when else are you going to try if not today? Value is needed. Then I start to introduce myself and what have I done on vacation. I can feel the cold that starts to creep toward my fingers. It is challenging to control tremors in the legs so that friends can see them. The third meeting went well. I felt relieved after advancing to become a presenter. If you think about it, people cannot insult you just because you are wrong in pronunciation or nervous. Some do not care about you being a presenter, which makes me braver and braver myself for every semester moving forward, even without being appointed.

At the fourth meeting, at this meeting, the lecturer told us all that if we were to move forward, several things had to be done. First, you do not need to tell what theme you are going to discuss because it can save time, and you also do not need to introduce yourself because your friends already know your name. Hobby, we are given a theme to talk about the hobby that we always do. Easy for me, no problem. If you know, I am advancing number 2, telling how I often stay in the kitchen and cook random things whose recipes I have not even seen on the internet. But magically my cooking is always delicious, even though all the spices I pour have instinct. Everything went smoothly, there are some of my friends have unique hobbies. Sleep is not a thing that can be called a hobby. it is

more about how you stay alive. Playing games can be called a hobby because it entertains the people who play them, even though these ears often catch the sound of insults in games that are so polite into the ears of anyone who hears them.

Destiny brought me to the fifth meeting. Well, this memory is short-term memory. This brain does not know what the fifth meeting is talking about. Even so, I still remember one of the meetings. One of them is my material about AI. This material is rigid for a brain as hard as a rock. This ear has just heard many languages. The mention of it is very difficult. Oh my Lord, I even played the YouTube material many times until these tears flowed alone because of the difficulty.

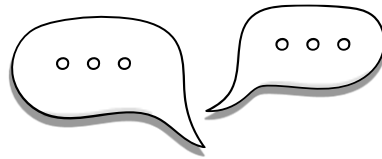
Nevertheless, I like this material. Telling how the world began to be controlled by technology might only last a while for human life without technology. Ai helps human life. , I've read this material many times and even heard about it, it is like a lullaby. If my friends remind me, when this body ventures forward, all matter disappears in an instant. "Adios," said matter to the brain saying goodbye in Spanish. Interested lips smile suddenly like sending a signal to friends, "hey guys help me," but I know no one knows this signal. God only knows. What they caught was also me joking. Never mind, even the heart does not support the development I always strive for. What a cool body system. So complicated, complicated that he even has his control.

Of all the meetings, I was amazed at myself when we were given our respective themes and looked for the material. At the time of this meeting, I ignored my friend, who came forward. It was fantastic to joke with Sarah Ibrahim. Very impolite. The lecturer finally appointed me to come forward. I was nervous, but for some reason, it was very easy to bring material to the audience. Even though some grammar and pronunciation could be more secure, moving forward and not being nervous is one of the achievements I have always wanted. I explore lots of uniqueness in myself every meeting. Overall, I am so happy to meet all of them, even my lecturer. I can make an improvement based on the constructive feedback. That is my experiential writing. I thank you for reading to the end.

According to **Lucas 2015**, “Public speaking, as its name implies, is a way of making your ideas public—of sharing them with other people and of influencing other people.”

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Do Not Be Afraid to Speak in Front of People

Nefiona Tokan

Public speaking is a means to unite many people simultaneously to express opinions, ideas, and achievement of goals or targets, according to a book by Oliver Sacks (1989). *Seeing Voices: A Journey into the World of the Deaf* "We speak not only to tell other people what we think but to tell ourselves what we think. Speech is a part of thought." Speech is to train our public speaking, build confidence to be more confident, and dare to speak in front of people.

When I first started learning English, I faced this insane anxiety every time there was a small chance that I would get a chance to use it. Whether it is in my class or outside of class, I am currently studying at the University of Borneo Tarakan, in the third semester. This campus is where my story begins. I, who do



not dare to speak in front of people, can be more confident again, and my use of English is getting better; even though it is not so perfect, I can still use grammar well. When I face the "*speaking Course*," I will continue to face anxiety, feel nervous, and feel not confident to appear to speak words and phrases that I am sure, I know

it will disappear from my memory. I would walk away from that situation by myself for not even trying.

In this third semester, for the first time, I spoke in front of a crowd, even

though it was my classmate. In this first meeting, we discussed the topic "*describe yourself in 3 words*" I went forward to appear to all my classmates and explain myself from the three words. When feeling nervous, words or phrases are instantly lost, so sometimes, I pause in the middle of a conversation. Many of my friends comment or give opinions that I am still less confident, nervous, and afraid to appear to speak, then the words I use still need to be clarified, or my grammar still needs to be improved, so what is conveyed is still unclear or incomplete.

From the second to the seventh meeting, we discussed "*weather, diversity, education, technology, socio-cultural, professionalism,*" what my friends told me, and how they reacted to me. I try focusing on myself to be brave and confident to appear to speak to improve the speech of the language to be used. At every meeting, I will make a script in advance that will be delivered later as if I am preparing everything. Slowly I increasingly felt the changes in my pronunciation and vocabulary. I tried my best to use the advice or opinions of friends that day.

In this situation where I have a fear of speaking in English, I learned slowly, and the fear began to disappear. Confidence grows when there is an opportunity to show my better quality. One day the thought came to mind. I changed my mindset and came forward. I walked directly toward someone and did not worry about making mistakes, being misunderstood, or fooling myself. I just tried to communicate. After several meetings, we finally faced such a big wave in mind when facing the problem of instantly losing my confidence. This time we faced the mid-test at a meeting of eight, each having a topic that would be conveyed later until finally, I chose the topic "*explore your potential*" at that time, I had prepared all my speech, I practiced speaking to perform optimally, but again when I felt nervous as soon as I stopped in the middle of my conversation, what I wanted to convey just disappeared in my mind, and my opinion, my midterm assessment ended not so perfect—feeling disappointed with myself, asking myself why I should be afraid to speak until the mid-test ended not so perfectly. My friends support rise from failure and advise me to avoid mistakes.

I feel sad because my mid-test did not go as expected. What I wanted to achieve was not fully conveyed because I faced crazy anxiety until a fatal error occurred. After the big wave and mid-tests ended, I started to learn from my mistakes, and often self-coaching is the best way to be more prepared when speaking and trying to talk to someone or a classmate so they can also give

feedback. Feedback is needed to increase self-confidence, including preparing yourself to look better. I also repeat, "*practice makes perfect*" by practicing and continuing to repeat then, something that was previously mastered becomes easier to master. Likewise, by repeating the speaking practice, the mental condition is more awake. The best way to hone a skill or make something better is to practice non-stop.

After facing several meetings and mid-test at the end of all that, we entered meeting 9, where our topic the talk was "*Ted talks*" after failing to follow the mid-test, I felt that the confidence that exists in me is diminishing, do not dare to appear and speak again. At this meeting, I did not fill the opportunity where I should have appeared to rise from failure. Friends provided support to encourage me to get up from the slump. They said that this is common in people who need more preparation when it comes to public appearances. A phrase that we often hear on several occasions when we are in a state of repair or waiting for something to be repaired. A signal that leads us to be calmer in facing panic conditions, facing something that happens "*this condition is very natural and natural for everyone,*" said one of my classmates.

After getting some comments from my friends, the fear in me slowly disappeared, the end of it all, I got up and tried new things that had never been done. Before that, I should not have known that classmates are a signal of encouragement that can calm my mind and heart when facing difficult times; not only that, I told my parents how my condition at that time was disappointing, and I failed to take the mid-test. They provide support just like what friends say, remind me not to give up easily from one failure, at least rise from you, and learn downturn what mistakes I make so they will not be repeated as before.

Do not be afraid to try new things

When trying something new, I remember from before what I had done wrong, that fatal mistake happened. all it is from myself "*fear, lack of confidence*" once again, I ask myself, *Why should I be afraid?* I have been through a few meetings and have come forward several times. That is when I understood that you could not rise from failure until you have tried something new you have never done. Try to learn it until it is reliable in the field. You need to dig deeper into those activities or new skills. By trying new things, you can also push yourself to get

out of your comfort zone, and who knows, you can discover hidden talents in yourself.

Find out your advantages and disadvantages of yourself.

Knowing both makes achieving your goals and problems that will occur easier, and you can overcome them well. To deal with it I try to realize my shortcomings and work to correct them at our ten speaking meetings about "*poster presentation*," where we will each present the poster's results. The topic of my poster is "technology" about the Future of Technology and how we use technology wisely. One day before the class meeting, I prepared what I should be prepared, understood the topic to be conveyed, and corrected the mistakes in the words to be spoken. I continue to practice speaking until finally, the class meeting arrives and begins.

At that time, my name was called to come forward and appear to speak in front of classmates, confidently forward to talk and explain about my poster even though I was a little trembling. After the class ended, friends commented that I was getting more confident, backed up, and looked more cheerful than in the previous meeting. They said that what I got was good enough and easy to understand regarding the poster. I smiled broadly and told myself that today I was brave enough and remember the word from a book by Samuel Beckett (2014). The Unnamable "Yes, in my life, since we must call it so, there were three things, the inability to speak, the inability to be silent, and solitude. That is what I have had to make the best of." It can be very extraordinary is worthwhile to train yourself before the class meeting. On that day, I was very proud of myself after what I went through finally paid off to my satisfaction, the end of our class taking photos together. The next meeting can be like this again. I feel the spirit of self again and believe the next meeting will improve.

In meeting 11, the topic was "*News reporter*," where I brought up the news that happened in Itaewon, South Korea, on Halloween that claimed the lives of 151 people. After I delivered the news that I brought, again and again, I got comments that made me smile and more confident again from my classmates. Some commented that at that time I read too much text or script so that I did not focus too much on the audience and said the news I conveyed was too long, but I did not feel disappointed because such opinions changed me to correct the

mistakes I made.

I feel satisfied with my efforts. After going through several meetings, we entered the last class meeting on "*Roleplay*," where we formed a group of six people, and each group would bring drama to speak. We bring the drama "*The princess of the crown*" before performing. We practice speaking, practice the movement or role that we will bring each. The end-of-the-class meeting rehearsal arrived. I am so happy because, at that time, the drama we brought was the most liked by the audience. Some also gave me feedback that I had brought the role of "*fairy girl*" very well, with good pronunciation. At the end of this meeting, I realized that all this time, I could but was too scared and not confident to speak in public. Feeling the change after trying and continuing participation in several meetings was terrific. I no longer faced anxiety, fear, or trembling when performing. Everyone can also definitely, from this experience we can start learning to try new things that have never been done, find out what your weaknesses and strengths are, keep fighting, and not give up easily from one failure. Learn from the failures you experience so that they will not happen again in the future. You also fear speaking in front of people, but I hope you can change and dare to fight your fear.

From the beginning of the class to the end, I concluded that the valuable experience of dismantling the shame of speaking in public is conquering the fear itself. Starting from a small step, speak honestly, admit that you are valuable, and think what you express is essential to others. With various problems I encountered, it motivated me to change myself. Do not ever think that you can not do it. Believe in yourself; everyone also has shame or fear. Start with small steps by taking decisions "*I can do it*" and "*I am useful*" this can motivate you and destroy the wall of anxiety, shame, and fear as if you are fighting a monster that exists within you.

Decide today and do not delay that "*I can change*" means that you are getting more confident, according to the book of Anthony Trollope (1875). *The Way We Live Now* "A woman's weapon is her tongue." you have thrown away the key that was always in your heart and prevented you from speaking. Prepare yourself and say aloud that I can change myself even better and contribute ideas for the good of many people. Significant changes will be yours by making small steps to improve the reconstruction so that you can appear as it is with your

actual situation and circumstances. The image of yourself who is helpful to many people will turn you into someone who can change and never run away from reality, so you will always be motivated to speak coherently.

“do not think that you can not do it, do not be afraid to speak in front of many people. Express what you want to say and make those words motivate yourself and others”

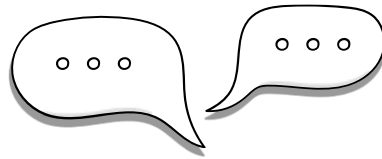
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Increasing Ability and Confidence in Public Speaking

Musdalifah

Public speaking is the art of communicating orally to convey ideas, messages, and opinions that aim to inform and entertain. The process of delivering speeches in front of the public and the art of oral communication is effectively carried out by involving listeners (audience) in specific methods and structures. We need to train our skills and learn public speaking. This ability will lead us to work, where we will undoubtedly appear in public and speak in front of them. We will be in a situation where we have to bring materials, presentations, or even lead meetings. Therefore, with good public speaking skills, it will be easier for us to keep up with the flow of the world. As a result, our career path could go better.

The speaking class started when we faced challenges at Universitas Borneo Tarakan. All students in the class must prepare a script or material to be conveyed respectively, and the lecturer has to give the central theme of the speech. The supporting lecturer for the Speaking for Formal Interaction course is Dr. Ramli. In this lesson, we learn how to be an excellent public speaker. In speaking class, we can display our respective abilities and learn comprehensively to become good public speakers for our future dreams. We can keep practicing by trying to appear in front of the class to convey ideas, material, or information which will be a form of training to become an excellent public speaker.

Learning about public speaking in class can undoubtedly train our abilities. These abilities are fundamental for every student to build self-confidence, improve critical thinking skills, and motivate others. Building character in public

speaking takes work. We need every experiment to display something that we try on each appearance. We can use this as a lesson so that in the future, what we present will always make progress. Therefore, we must always try at every opportunity. Speaking class is a good thing for English students to improve their speaking skills.

Moreover, it helps students to boost their confidence to become public speakers one day. This class has taught many things to students. How to speak in front of a crowd, how it behaves when speaking, how to deliver your speech, and how to use your verbal and non-verbal language in speaking.

Students can test their aesthetic skills and interact in English in a comfortable, stress-free atmosphere through a task-based collaborative learning environment. Everyone in the class took the major without any definite goals. Some said they were fluent in English during high school, they are trying to take this major, and some want to improve or learn English at university. However, they need to learn that the university does not teach basic English but is more advanced than what they learned during high school. Hence, they were utterly shocked and about to be challenged. It might be difficult, but besides that, speaking class is very entertaining and not so scary when you try it. Gradually we will get used to it, and there will be pride when we dare to try and get out of our comfort zone when we appear to speak in front of the class.

Several students sometimes feel anxious, nervous, and afraid to go to the front of the class because they still lack the confidence to speak in front of them. We often feel that everything is chaotic and out of control in front of students. I find it very difficult to control my anxiety when I appear in front of people. At first, I was very nervous, scared, and uncontrollable while performing, but over time I learned how I have to be able to control it well. Even though slowly, it will significantly affect me when I try to fight these uncontrollable things. Sometimes we also cannot predict what will happen, and these things often present themselves, so we have to anticipate what we should do quickly when in an uncontrollable situation.

When speaking in front of my friends and the listeners see my performance, I often ask, what do the listeners think of me? Do I look good? Should my pronunciation be corrected? Have I brought explicit material? It all haunts me when I stand in front of an audience. Nervousness, forgetfulness, and fear also

sometimes appear in themselves. I realized that thinking about it is not necessary. We need to perform as much as possible, and I also keep practicing so that things do not happen, and I will prove that I can get through it. It is because I want to learn and do not want to be burdened by things that I do not need to think about and will interfere with my focus on improving myself so that my next performance will be better.

I dream of being an excellent public speaker. Becoming a good public speaker takes work. There are many things that we have to train and do so that we can make this happen. When I can speak in front of many people or the public and have the courage to convey ideas, ideas or inform something to the audience, of course, I will continue to study at every opportunity given to me so that I can fulfill my dream of becoming a great public speaker in the future. I often see a public speaking performance. I see how a public speaker conveys word for word in front of an audience. Their way of attracting the audience's attention in the talks they have, of course, is more challenging and challenging. Even a few public speakers also need to correct their appearance when speaking in front of an audience. However, this is not a big problem, but things like that will be a lesson for public speaking so that it can be even better in the future.

Either way, reading "Successful Public Speaking" is beneficial. Public speaking courses teach you how to connect with your audience, dramatically improve your speaking presence, overcome your fear of public speaking, respond appropriately to audience needs, and improve your nonverbal communication skills. How to get your audience engaged, add a visual dimension to your presentation, and grab your audience's attention. When in class, my friends and I learned to present and tried to practice becoming a public speaker. I often train myself to speak in front of my friends, conveying various materials, ideas, or information. I can also be an audience for my friends speaking in front of the class. When I hear or witness my friend speaking in front of me, I have my opinion about the speaker's appearance. When someone is speaking, I have to pay close attention to listening and appreciating their performance. As an audience member, I was allowed to provide input to my friends about speaking in front of the class. These inputs are related to strengths or weaknesses in the appearance of public speaking. Likewise, when I become a speaker, the audience can provide input regarding the advantages or disadvantages of my appearance.

Of course, with all the input given to me, I make it a reflection of myself so that my performance will be even better in the future.

Moreover, we must be good speakers or listeners, respecting others so that we can also be respected. In every speaking class meeting, I talk about the topics that have been prepared. Each meeting will always have a different topic that will be presented during public speaking. We have discussed and presented various kinds of materials and topics.

There have been several meetings and topics that I have presented. In describe yourself in 3 words I will talk about my character and explain with three main words about my personality—telling how the character is quite interesting and where other friends and I also have different character traits. I feel pretty confident when talking about my character. In this meeting, I can find out the character and nature of all my friends. At the next meeting, we talked about the weather. In this topic, I will tell you about the weather. What weather do you like the most, and why do you like the weather so much? I told him that I like cold weather more than hot weather. In class, many weather topics were brought up by my friends. We learn from each other and share about what weather we like the most.

Diversity On this topic, my classmates and I discussed various discussions. There this topic discusses diversity. There is so much diversity in our environment, and everyone will have a different perspective on the diversity surrounding them. In class, we share stories about diversity related to ethnicity, customs, religion, culture, and other diversity. Talking about diversity is very fun because my friends and I can share information and opinions. We also do presentation Posters in speaking class. I have a technology theme with the topic of the vital role of parents in the digital era. I explain what technology is in the digital era, its impact on children, and parents' actions and roles in helping their children use and deal with the digital era. This meeting was enjoyable because my friends and I had different topics, and the posters we made and displayed in front of the class varied greatly by showing the results of each other's creativity. Using posters also trains us to focus on talking about what is on the poster and to pay attention to the language and every word we deliver.

In every meeting, when I appear to speak in front of the class, I get various reactions from the audience or my friends. Some who pay attention to me are

interested in what I am talking about, some need to pay more attention to me, and some react mediocly. This is a challenge for me. When the audience is not so interested and pays less attention when I speak in front of them, I have to learn how to attract the audience's attention and how the audience's message can be conveyed well by the audience. When I perform, the listeners give feedback to each other. As the audience, they also gave me some input about my appearance. Vice versa when I become a listener. I welcome any input on my appearance. This will be a lesson in the future to be able to perform better. By correcting every mistake and still maintaining what is already good, and if necessary, I will improve it again for my next performance.

What I consider an effort to improve my appearance is when I make a mistake, and I learn how to fix it. Everyone wants to do good things and show them to the fullest. Nevertheless, by learning from my mistakes, I can change myself to be better at speaking or becoming a public speaker. Moreover, everything in the form of a change from before to something better, even if it is only a tiny increase, is a matter of pride for me, and I consider it the best achievement in myself to improve.

Class management is where a lecturer pursues activities to create a conducive classroom situation to achieve maximum learning goals. Furthermore, there is collaborative learning, which involves students working in groups sharing ideas, and solving problems. Collaborative learning also has advantages over individual learning. I can get more information and exchange ideas with my friends by implementing collaborative learning in class. The support of friends is also not spared in every activity in class. They want to help and learn together, provide input, and support one another so that harmony and comfort are created in learning and speaking in class.

Moreover, my performance from meeting to meeting is that I keep trying to speak in front of the class and always try to present the best version of what I consider an effort to improve my appearance when I make a mistake and learn how to fix it. Everyone wants to do good things and show them to the fullest. However, by continuing to learn from my mistakes, I am sure I can change myself to be better at speaking or becoming a public speaker. Moreover, everything in the form of a change from before to something better, even if it is only a small increase, is a matter of pride for me, and I consider it the best achievement in

myself to improve.

In the class, there is class management where a lecturer pursues activities to create a conducive classroom situation in order to achieve maximum learning goals. Furthermore, there is collaborative learning, which involves students working in groups sharing ideas, and solving problems. Collaborative learning also has advantages over individual learning. I can get more information and exchange ideas with my friends by implementing collaborative learning in class. The support of friends is also not spared in every activity in class. They want to help and learn together, provide input, and support one another so that harmony and comfort are created in learning and speaking in class. Moreover, my performance from Meeting to Meeting is that I keep trying to speak in front of the class and always present the best version of myself.

I still have my fears when taking a speaking class. I still feel nervous, lack confidence, and can not focus on being in front of the class. That is what is very difficult for me to learn in class. However, after I tried to keep doing it until it was finished, this was not such a big obstacle, and I could get through it. Although not so perfect, I can display everything according to my abilities. I constantly instill this in myself. Come on. You can get through it. Even though the reality is not easy, all of that must pass, and I am very proud of myself for wanting to try and struggle to finish it to the end, even though it is still not optimal. However, that is the ability I have. I can not push myself beyond my power. When I try to show my best, whatever the result is, I feel a sense of pride within myself. It turns out that everything is not so scary. The various distractions that keep spinning around in my mind have prevented me from thinking and doing everything well. Furthermore, I have to change everything for a better future. I want to put all the efforts that I have made into a form in which I process and take my steps to become an excellent public speaker.

Lastly, what I will do on my next journey is to continue improving my speaking shortcomings, fight the fear within me, get out of my comfort zone, and try new things. I want not to give up and keep trying to learn to develop competent communication and apply it to my public Speaking skills. What I learned from this public speaking class will help me in the future how to become an excellent public speaker in. By continuing to be passionate about learning and trying to learn from every experience, we will find a path to the success of our

dreams.

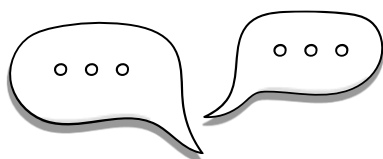
The conclusion of this discussion, which started from the first meeting to the end, made me understand the benefits and objectives of this course and how important it is for our future as students. I feel happy with what the lecturer has presented in learning and what my classmates and I have done in becoming public speakers. We did group and individual study; it was much fun, and I will never forget it. I plan to achieve my goal and dream of being an excellent public speaker. I had various very memorable experiences during the speaking learning process in class. Starting with my friends and also from the lecturers, where we learn from each other how every effort I have made has become progress for myself. I have done it against nervousness, fear, and lack of confidence in speaking in front of the class, and I will continuously improve in the future. In the end, let me say thank you. Keep up the enthusiasm for all of us, and do the best version of yourself. Let us achieve your dream. Send regards for success.

"Making mistakes does not mean failing; progressing slowly does not mean being left behind. If we do not try, we will never know."

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A Better Version of Myself

Muh Haikal Hirzi

Speaking classes are one of the subjects in the English education department. Speaking classes have been around since semester one, and now I am in semester 3. The speaking class is a course where we as students are required to speak English properly and correctly, and the most emphasized in this course is how we speak in front of a crowd. Regarding students' speaking skills, speaking is the ability to pronounce articulation sounds or words to express feelings and state ideas (Tarigan, 2008). This is where we can increase self-confidence, improve our ability to speak verbally and non-verbally, express opinions about things, increase the courage to speak in front of a crowd, and train ourselves to convey messages in public speaking. A public speaking class is like speaking, where we talk about something, conveying a message on a given topic in a structured and easy-to-understand way. Although it seems scary to have to speak in front of many people, this is also fun, and we can learn many things. According to Dewi (2016: 342), the causes of the students' low speaking skills are as follows: (1) not having enough time to practice speaking, (2) not having enough vocabulary, (3) not having an interest in speaking because of uninteresting teaching method, and (4) not being able to relate the speaking content to their real life.

"Your biggest weakness is when you give up, and your greatest strength is when you try one more time."

I am a shy person. I am not used to talking in front of so many people. When I have to speak in front of so many people, I feel very stiff and need help figuring out what to say or do. I feel very awkward when all people's attention is on me

and expects me to say something fun or exciting. Even if I clearly understand what I am going to say, sometimes I will suddenly need to remember when dealing with many people. I am not used to this. At first, it was not very easy for me to take a speaking class, not because I did not understand but because I did not dare to go up and speak in front of an audience. I rarely speak in front of many people, especially if I have to give an opinion or a message in the conversation. I need to gain experience in public speaking to speak in front of an audience. At first, I was not very active in class. I just saw a few of my friends come forward to perform. Not only me, even at the beginning of the class meeting talking, but only a few of my friends also dared to come forward and could even be counted on the fingers. Some of my friends also said that they still do not dare to come forward and speak in front of many people. Public speaking is scary for some people, including my friend. It was like facing a terrifying monster when all we were supposed to do was talk.

Whereas every day, we must be talking to other people like our friends, parents, lecturers, and relatives. without being awkward at all. However, when we are required to speak in front of an audience, it is as if a great wall is blocking us so that it scares us. That is how I feel every time I start a speaking class. I feel very nervous. At first, I always hoped that class would end quickly. I felt nervous and scared during several speaking class meetings, even though my lecturer said, "Never be afraid to try. How will you know the result if you do not try" it still did not alleviate my nervousness at the time. *"Small progress every day adds to huge results."*

There are 16 meetings in the speaking class; at each meeting, the lecturer will provide a topic to discuss. At the first meeting of the speaking class, the topic was "Describe yourself in 3 words". At the time of the first meeting, I felt very nervous. I prayed that the lecturer would not call my name to come forward. I have prepared what I will discuss on the topic, and although I already have preparations, I have not dared to perform at that time. I still remember how nervous I was at the time. Other things that made me not dare to appear were my lack of ability to speak English, limited vocabulary, and lack of understanding of grammar. Eventually, the first meeting ended, and I felt relieved not to perform in front of many people.

At the second meeting, the topic given was "Weather ."Even at the second

meeting, I had yet to venture to come forward even though I had prepared the material. All I did was sit back and watch my friend perform speaking in front of an audience. The class ended the same as before without me participating. I wish to finish the class soon because I was always afraid to come forward to speak. In the third meeting, the topic was "diversity" we discussed the differences that exist around us and how these changes do not make us hostile or distant but make us respect each other. In this third meeting, I prepared a script that I would deliver, but I still needed to dare to come forward to speak in front of many people. Fears and negative thoughts still hold me back from daring to perform.

In the fourth meeting, the topic given was "Education ."This is the first time I have appeared to speak in front of many people. I prepared my script before I performed and rehearsed before it so that I could perform with careful preparation as I came forward with nervousness and anxiety. It began to appear. Seeing many people in front, even though it was just my friend, made me lose focus. I started to open my conversation according to the topic that had been given, but in the middle of the conversation, I immediately needed to remember my material. It felt like I had lost my memory because I could not remember my material. I just stayed in front without saying a word. The lecturer finally invited me to sit down and give appreciation in the form of applause with other friends. I still remember the lecturer's input: "Although this is your first performance, it is already good. Your voice is unyielding and clear, your articulation is also good so that those who listen can understand what you are saying, and there is also no filler when speaking ."I felt so happy and relieved to hear that. The fears in me all along seemed to disappear instantly. Although my performance was not smooth, the response was very positive, and the reaction from the lecturer and my friend increased my confidence. After that moment, my fears and negative thoughts instantly disappeared, and my self-confidence grew. I am committed to moving forward and performing at the next speaking class meetings.



"Do something today that will make your future self grateful."

Fifth meeting, the topic given was "technology ."This time I dare to come forward and speak in front of many people. My discussion is about "how the role of technology in the era of the COVID-19 pandemic". My performance this time was unsatisfactory. I performed smoothly without any mistakes. I feel delighted because, in the end, I can speak in front of so many people without any fear, anxiety, or nervousness. The sixth and seventh meetings discussed "Socio Cultural" and "Professionalism ." I started to develop in terms of courage, the way I spoke, and the way I delivered a message. I started enjoying each of my performances and felt relaxed while speaking in front of the audience.

The eighth meeting was a midterm exam where we presented a topic based on the discussion in TEDx Talks, and the topic I presented was "Several ways to increase your confidence ."I chose this topic based on what I already felt about my lack of self-confidence and feelings of excessive fear, anxiety, and nervousness. Lecturers give a minimum time limit of 5 minutes to deliver the topic that has been selected. I was very prepared at the time, even though I hoped to be able to perform at the beginning. Finally, the lecturer called my name to appear to speak. In this midterm exam, we did not speak in front of an audience but in front of a camera. I started talking about my topic, which was prepared in advance. My performance was finally finished, and I felt proud but also a little dissatisfied. I felt dissatisfied not because my performance had a mistake or I forgot to discuss something but because the time given turned out to be less for me to discuss the topic I had chosen and because it was a midterm exam. Hence, I wanted to give my best performance. I wanted to talk longer to deliver the material I had prepared. Even so, I feel very proud of myself for the self-development that has occurred so far.

In the next meeting, we covered topics from TED x Talks, poster presentations, and news reports. Just like in previous meetings, the lecturer told us to watch TED x Talks and reiterate what topics we had heard. I discussed the topic, "What Makes You Special" I discussed the uniqueness that exists in everyone and never feels sad and afraid of differences. Then "Poster Presentation," I got a topic about "Technology," but I did not take a class at the time because I was participating in a competition, and finally, "News Report." The lecturer told us to watch the news report on youtube as a reference so we could perform well. I brought a news story called "Climate Change" I brought

the news according to what I had watched and learned, and I felt thrilled because I could perform very well without any mistakes. At the last meeting of the speaking class, the lecturer gave us a "role-playing" meeting of the speaking class .mistakes. At the last meeting of the speaking class, the lecturer gave us a "role-playing" assignment, so we did a play to close the last meeting.

The lecturer told us like this so that it could be something fresh for us, and of course, it could be entertaining after a few meetings before we only spoke, delivering material from the topic that had been prepared. Although this is role-playing, the primary assessment remains: how to find us speaking, pronunciation, and articulation—related to speaking classes. Lecturers divide into five groups. My group plays roles about schoolchildren, and problems commonly occur in school, such as fighting, bullying, and taunting each other. I am very proud of our performance because the whole class can be entertained by our performance and the lecturers who are entertained.

Even some of my friends screamed while we were acting in a fight, and the response and feedback provided made me very happy and proud. I feel proud of my development so far. I began to realize that what prevented me from daring to appear was myself. Those negative thoughts and fears always kept me from daring to try. If I had not tried to perform at the time, I still felt scared to speak in front of an audience until now. *"If we never try, how will we know"* are the words describing my struggles so far. There is always time to change and no time to learn. Face these fears so that we can develop, discard these negative thoughts, start thinking positively, and convince ourselves that we can.

"To succeed, we must first believe that we can."

The power of the mind is very great, the mind can change our view of something. Therefore, start thinking positively that we can do anything without having to be afraid of what others say. Always develop yourself for the better. Thank you to the lecturer for giving us, especially me, the opportunity to develop myself much better with this speaking class. The response and positive feedback made me start to venture out of my comfort zone and dare to develop.

"Successful people do not fear failure but understand that it is necessary to learn and grow from it."

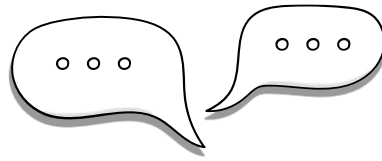
This speaking class taught me everything that I never even imagined in my life. Some things drive so crazy because I am afraid and shy to speak in front of my friends. Nevertheless, because of this speaking class, I was trying my best to keep in touch with my fellow local mate. I like when we go to our friend's house during our lunchtime. There, we memorized our script. It was y funny because I saw that we struggle, talk to the wall, talk to the cat and even talk with the trees. It might sound funny, but it is helping me to concentre my mind, and I can get through after I do this.

One thing I got from speaking class is that I always practice as my lecture said, "practice makes better," and it is true. We want the best in ourselves and give a better version of ourselves. Never give up too quickly. Our life, our way, is still long. Even if it is still long, it does not matter that we have to waste our precious time just like that. I like speaking class because it helps me to find myself lost. Because of this speaking class, I can overcome my shyness, anxiety, and afraid of speaking in front of a big crowd. I always said I could not, but my friends always encouraged and motivated me to keep my head up. I was lost, and thank God I found it.

We all know from practice that I can change from small to massive. It is all about time, yourself, and your confidence. If you never try, then you will never grow. Always try to get out of your comfort zone because chances never come twice for people. Grab those opportunities. I want to avoid learning, so what is the point you take an education? Looking back and forth, save yourself. The only thing that can change you is not people but YOU! You are the one that can shape your whole life. If you never do that, you are such a waste. Remember you only live once. Give yourself breath so you can fly within.

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Something Unexpected Happened in Different Way

Satria Ade Nugraha

Speaking is one aspect of language that helps students to communicate using English. By speaking, students can tell everything they think. The goal of teaching speaking in language lessons will encourage the spirit of communication and drive speaking skills inside and outside the classroom. Speaking is focused on two-way conversations. Speakers and listeners discuss what they are saying. Speakers and listeners interact in a place, and at the right time, the speaker conveys something conveyed. The listener responds, and the speaker listens to the feedback received by the listener.

Speaking skills in English are a person's skills to convey his desires and thoughts to anyone verbally. However, speaking skills can only be developed if they are continuously trained. Efforts to facilitate one's ability in speaking skills for a student can be made by interacting with colleagues in the class, English lecturers, or other lecturers who can speak English. In addition to making speech easier, this effort can also increase vocabulary proficiency, and improve and deepen language arrangements. Refine vocabulary statements, deepen the ability to compose sentences in English, and train listening, so it is easy to pick up messages from the other person. The learning of public speaking skills would be beneficial for the students as they will be able to brush up on their personal and social interaction, academic improvement, and, most importantly, career benefits. Through the practice of public speaking, a student will be able to build confidence in persuading others more effectively on the ideas and opinions they would like to share (Yee, 2014).

Speaking is an aspect of language that helps students point out the use of English. While talking, students can say whatever they want. The purpose of teaching the language spoken in language lessons will foster a spirit of communication and promote oral skills in and out of the classroom. Essentially, talking is about bilateral conversations. Speakers and listeners discuss what they speak. Speakers and listeners interact in a place at the right time, then the speaker transmits something which is transmitted and then the listener responds and the speaker hears the feedback they receive. Yeah, we're talking about a course that will help you improve your speaking skills. This course is designed to help students learn more about what goes on in an academic setting, and to improve their skills in speaking, thinking critically, and understanding what they read. This is the place where we will practice speaking English so that we can do well on the IELTS test, and we will also be learning how to argue more effectively. This course will help you improve your speaking skills by teaching you the theory behind it and giving you lots of practice.

Speaking courses help you learn how to speak correctly. In this course, we learn how to describe things in different ways, like people, places, buildings, etc. Recount often talks about essential things in the test because it is often one of the questions on the test. This means that it is essential to talk about your experiences and memories so that everyone can learn from them. There are a lot of ways to do things, and sometimes a person will talk about one of those ways to make something or do something. Farhan Raja (2017) stated that most people are not born public speakers; they are trained to become one. When they and themselves are in situations where they become the focus of attention as they have to address an audience, they experience emotions like fear and anxiety, leading to nausea and excessive sweating. Most of them try to avoid situations where they have to perform or speak in public, but when unavoidable, such situations are endured by distress.

There are a lot of tests to measure your progress. The lecturer for this course has a different way of teaching from other lecturers. I like the way he teaches this speaking course. Even though we sometimes make mistakes, that doesn't matter to him. Most important is that we complete this lecture to improve our speaking skills. So, we do not use academic words or any language in our conversation, we are still talking about things that are important to us. You will

have much success in this course as long as you approach it with a positive attitude. A speaking practice is unlike regular conversations, where you can go with the flow. It is like a show where you must speak in a certain way.

In the third semester of my speaking course, I had a good experience with my lecturer, Mr. Ramli. He was very helpful and explained everything clearly. Even though I have spoken in public before, this is my first time doing it again. I am still feeling nervous because, in the previous speaking course, we only had a few face-to-face meetings during the Covid 19 pandemic. This speaking course is very helpful in helping us improve our language skills. This is where we practice. There are lots of activities in this course, like describing yourself in 3 words, Weather, Diversity Education, Technology, Socio-Cultural, Professionalism, Midterm (YT. Ted Talks), Ted Talks Poster Presentations, and News reporters. At the end of the meeting, the most exciting thing is the role play.

The first meeting of this course is on Monday. I would not say I like that this class is scheduled for Monday, not any other day. At the first meeting of this course, I felt safe just acting as if I had no burdens. But later, should not about how my situation might change in this course, and whether it would be okay or not. In the first class, we will talk about ourselves in a short and easy-to-remember manner. We'll start with a topic that everyone will be able to understand, and then we'll get more in-depth as the class goes on. I was too nervous to advance at that time, so I did not want to admit it to myself, but I was not ready. Some students get nervous before speaking in public, making them talk faster than usual. Anxious people often have a lot of anxiety before trying to do something, and this makes them mentally down before they even start. This has been going on before the second meeting. I was nervous when I first started talking about diversity at the meetings, but I finally had the courage to speak up at the third meeting. I was always moving around a lot in class and missing out on what was happening with the other students. If we do not try, we will never know if we are doing something right or could have done something better.

Furthermore, without knowing where we stand, it is hard to figure out where to go. At that time, I started making a note about things that would help me feel more confident. I also had a lot of help from my friends, who made me feel more

confident.

When the lecture said we would do a relaxation exercise, I felt a little scared. Nevertheless, the words "calm down, Satria, please calm down, do your best" started to float in my mind, and my breathing became more regular, and my hands stopped shaking. I am glad we can get along well, even though we have different backgrounds. I explained that some people from different backgrounds could coexist peacefully despite their different beliefs. By learning about the different cultures around us, we can learn a lot about each other. We can learn about their language, songs, and customs by studying local languages. You may feel you have to compete with others to prove that you are the best, but that is not necessary. You can be yourself and still be the best. But differences teach tolerance and how to live side by side in peace. At the end of my performance was greeted with applause from my friends and the lecturer said that "your performance was good, Satria, but you can still improve it by attending this class". After the experience, I have become more courageous and confident in the future. We will have some more meetings on technology in the next few days and talk about how machine learning is more popular than people learning. This is because machine learning is more accurate and can be done more quickly.

This week's Ted Talk is about how nanotechnology is changing the way we interact with the world. In addition, we're going to be discussing some news about the Indonesian housemaid who has been executed in Saudi Arabia. Finally, we will do group roleplaying to help you learn more about reporting. From then on, I realized how feedback could significantly impact someone. When someone gives you feedback, they are trying to help you improve your performance. They may give you praise (constructive feedback) when you have done well, and they may give you feedback that leads to improvement (positive feedback) when you have not done well. When someone compliments you, it makes you feel good about yourself. This makes you feel more confident and booming. If you make a mistake, someone will give you feedback. This will help you improve your skills in the future.

The midterm exams are coming up soon, and the lecturer asked us to come up with something new for our presentation. We found a Ted Talk about different topics, but we made it more fun and exciting. There will not be any other people watching when we do our performance, and the only person who



will be there is the lecturer and the camera. When I was nervous before the performance, should not about how this would be a great chance to show my best performance. I am less nervous now, so I am excited about the performance. It was nice to have a small audience for my speech since I could focus more on what I was saying. We were called one by one into the room and then we did not know what would happen next. I was waiting for my turn to be called, so I read my script very carefully. I try to stay calm, in case I forget anything.

Furthermore, my name was not called that day because the camera battery ran out. But I am still very calm because I'll have a new camera tomorrow. The next day, only a few friends who would go forward for the recording were left. When it was my turn, I was excited to try out the game. I leaned in close to the camera and took a breath so that the camera could capture my face.

I started off doing well, but then I lost my focus and couldn't remember what I was going to say. I remember to make the points in the order I had been taught. I tried again, but it did not work out the first time. Luckily, the next time I tried, everything went well. The people in the room clapped and nodded in approval when I walked in. My lecturer and his assistant thought I looked great, and I was happy with their reactions. Although I did well on the test, I was not happy with my performance because I could have done better if I had taken advantage of the chance. After that day, I began to think more carefully about my feelings and why some things can be difficult. I eventually came to believe that some troubles are simply part of life.

Next week there is a meeting where we will focus on public speaking and how to improve our performance. This meeting will be followed by practice in which

we will work on our skills. There will be no explanation of the material at the next meeting. At the next meeting, we were going to be discussing how to create and present posters. Students must learn how to ask questions, analyze information, and share their findings with others. Poster presentations may be an excellent way to learn and test yourself because they look like picture books. Poster presentations are as successful as essays assessing a student's skills and abilities. Students find poster creation and presentation to be exciting experiences. Teachers know that assessment can be a lot of work, but it is also fun to watch students engage in lively and critical discussions and produce some fantastic work. When my name was called in class, I felt trepidatious. I did not like the way things were going.

We are getting close to the end of the semester, and we will have a final meeting to discuss what we have learned. We will be doing roleplays in groups. In this assignment, everyone must work together and cooperate. This group assignment differed from the others I have done in the past. It was a lot harder than I expected it to be. I am going to learn some things. These include how to cooperate and not be selfish. Many things happened while we were preparing and practicing, but we overcame them. Some of the group members can only sometimes do everything perfectly, and sometimes disagreements happen between them. We had a great meeting last time, and this is the best way to end our third semester. We're going to have our last meeting with drama today. Each group will present different kinds of drama. Everyone is trying their best in their way. Some groups are funny because they are acting, and others are very dramatic because they are in the right place at the right time. Some students like our performances because we use properties like "the king" and "the queen" in our games. A prince and queen are dancing very gracefully together. I saw my friends smiling and it made my heart beat quickly.

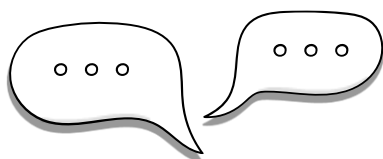
I was starting to lose hope, but then I remembered how hard I had worked and how my efforts were not wasted. I know life has been getting more accessible, but we will keep moving forward until we reach our goal. Life is going to go on the way it always does. You can either want to do something or not, but the cycle of life will always be the same. You can feel everything That is happening around you by being a better person. Just take a deep breath and look around to see what's happening. Then go with the flow, do not let your negative

thoughts get the best of you. Saying you can not do something is only going to make you feel discouraged. Instead, try your best; everything will work out in the end. We are just like other people and have to accept the things that happen around us. Life will go on no matter what. I learned a lot from all the speeches I attended in class. I learned from the lecturer as well as from my friends. I learned that everyone has individual strengths and weaknesses and that some things are impossible. I also learned that proper support and feedback can be very helpful in improving one's appearance. When people give applause, they are expressing their happiness and appreciation for what someone has done. This can help boost someone's confidence and make them more impressive.



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Do You Believe You're Good Enough?

Denando Cagak M.

Denando is a student who can be easily recognized because of the "cheerfulness" that he always shows in class. However, that is different from what you guys are looking for. Talking about a journey may already be familiar to you, and one word that can describe a speaking class is "chaotic." Chaos in this context refers to more than just my hectic, stagnant speaking class. That is how prepared we are in speaking, and when there is a disaster in the performance, we improvise outside of what we have planned and the script. To me, that is not by any means screwed up. Being anxious will result in a quick loss of recall regarding the information to be provided.



Every Monday from 14.40 until 16.20 in the afternoon, Mr. Ramli holds a speaking class that frequently ends early. A location where someone who wants to talk under Mr. Ramli's supervision can do so. He always emphasizes how crucial it is for us to be proficient in the subject matter we will be speaking about. "The stage is a battleground" serves as a showcase for the work we put in prior to enrolling in the speaking class, and how much work you put in will rely on the results. So that every student in his class always tries to show their skills and talents.

However, before we go any further, what are speaking skills? Why should speaking skills be learned in English? According to Thornbury (2005, p.121), speaking is a real-world activity that a speaker engages in to express his or her thoughts and engage listeners. The activities are spontaneous, and situations determine their continuity. Speaking is a collaborative effort between two or more people within a certain period to convey ideas, facts, or feelings. Because speaking is a method of human communication with other humans, communication has existed since the beginning of the existence of humans, and even animals have their way of communicating. Because speaking is how we communicate and interact in English, it is necessary to master speaking abilities.

Speaking competencies cover two areas, fluency and accuracy. According to Mazouzi (2013), learners' activities should be designed based on an equivalence between fluency and accuracy. Therefore, both fluency and accuracy are essential elements of communicative competence. Speaking fluency is the capacity to do so "without excessive halting or hesitation" (Skehan, 1996, p. 22). Speaking with too many pauses and hesitations might make a speaker feel down and hinder their ability to speak fluently. Speaking accuracy indicates "the extent to which the language produced conforms to target language norms" (Yuan & Ellis, 2003, p. 2), which involves correct pronunciation, vocabulary, and grammar. Therefore, speaking exists and must be learned in English because it is one of the four essential competencies besides writing, listening, and reading.

On August 22, 2022, we had our first speaking class meeting. Without further do or any discussion of the lecture contract, everyone was required to stand up and provide a speech on the topic of interests, personalities, and things to do in their free time. I had the chance to do so at that point, and as you can all see, improvisation, desperate capital, and memory were essential to what I was going to discuss upfront. When I was upfront, my anxiety, cold sweats, and fear merged into one. However, everything is possible, and my speech is easily understood. Relief that the first meeting was over is followed by worry about the following meetings.

I had anticipated that this class would be the most challenging of the semester because topics discussed at each meeting required preparation before speaking in front of the class. My classmates share this sentiment, either because they find it difficult to relax and enjoy this course because of how tense and anxious the

classroom environment is. It is frightening enough to be in class, especially when you have to stand up in front of the class. Every day and in every meeting, there are always complaints. However, over time, we all adapted to it and were finally able to take a little joy in speaking sessions. So yeah, my friends, the advice to "be able to get used to it" is accurate.

The second and third meetings passed, and I had written a script to discuss the topic, but I was hesitant to provide my performance. I am hesitant to speak forward. Fear is "real." It can range from fear of material that will not be communicated because of indigestion and lack of preparation to fear of being incorrect and appearing foolish in front of the audience. The stage is where you will be the center of attention, with everyone watching you in every move and word. At the same time, just my friends are indeed watching, and somehow during these two meetings, the stage turned into my enemy because it relates to my extremely introverted and reserved personality.

"Your deepest fear is being affected by your thoughts."

You may assume I am an extrovert because I talk a lot when communicating and seem joyful. But not at all. I show this character because I do not want you guys to see my real personality. I presented that extroverted character because I desired friendship. I was tired of being lonely and isolated and wanted to try something "new." Am I a hypocrite? It depends on your opinion of it. I do not want to convey it directly. So, I put it explicitly in this paper. It may have gone too far from the main topic, but a little honest conversation does not hurt.

The fifth meeting has been scheduled, and I aim to speak at this meeting. After suffering anxiety and fear for a week, I gave a speech titled "Hate comments on Social Media." Because I still needed more material mastery for this speech, and as a result, when I delivered the speech, I forgot several of the speech's main points. This speech includes delivery and justifications for the existence of hate speech. In this speech, I also raise the issue of why individuals hurl abuses at strangers. Because there are too many fillers, too much repetition, and a lack of content understanding, my performance is still insufficient. Along with commenting on each performance, Mr. Ramli summarized the things the students had presented.

There were still subjects and speaking performances in the sixth meeting,

which was held a week later. The raffle was used to decide the topics that were picked. Everybody then took the paper holding the speech that would be recorded and uploaded to their Instagram accounts after writing down the speech's theme on a piece of paper. The content of my speech highlights the benefits students obtain from scholarships, where I pick up the theme of scholarships. In the end, should my speaking abilities not have improved? I wondered and questioned what was wrong with me again after the sixth week. I suddenly understood why I had made no progress speaking and that my lack of effort was to blame. I do not adequately respond to what is lacking in my speech because Lou Holtz once remarked, "Life is ten percent what happens to you and ninety percent how you respond to it." There needs to be assessment, training, or remediation for my shortcomings. My improvement in speaking has stagnated as a result of this. I may have become aware of my poor public speaking abilities at the seventh meeting with the assistance of friends who offered guidance during practice sessions prior to the midterm exam. Here, my friends provide me with some advice and feedback. Such as unnecessary repetitions, filler, and a need for more understanding of the subject.

I was stunned to discover that this week was midterm exam week because I had not realized how much time had passed. Why Time Is Precious? is the theme I have planned." I did well in my preparation for this midterm performance. I prepared for this performance during the test by staying up late and waking early to clearly understand the information I would be provided with. However, my performance was postponed a day because my name was not called, and the following day I showed up to take the midtest. I was anxiously awaiting the call of my name since it felt thrilling to be prepared to handle the worst-case situation. There is undoubtedly some anxiety, but not a lot. Speaking, in general, also feels natural when giving a speech. When we speak, we already know what we will say. After the speech, all I could think about was how happy I was with how the speech went and how hard I had worked to prepare. I consequently believe that.

"Often something that has been carefully prepared is insufficient."

What occurs if we do not do any preparation at all? I stagnated during the first seven meetings because of this. With preparation, failure results. As Benjamin Franklin once stated, "By failing to prepare, you are prepared to fail."

It means we are only preparing to fail if we do not prepare at all. Experience can be used to cover or substitute preparation, but do you also consider that experience is a component of preparation?

Have you ever thought about "Social Media Making Us Unsocial" by Kristin Galucci? I showed this TED Talk to my public speaking course. We are referring to people who play social media games at home. They are uninterested in other people, their relationships with other people, and their social lives. Our world has become better because of social media, but it has also killed off our social connections. Can we still be said to as social beings if our interactions with other people are no longer present? Do we still deserve to be this species, considering how quickly we forget who we are? In the end, humans are to respond since we developed technology for our purposes.

Several events occurred during the previous meeting, including an accident before the speaking class. We will use posters at this meeting to practice public speaking. My planned poster was unexpectedly lost while I was driving to campus. I checked across the path I had gone in search of the poster, but it was nowhere to be found. It seems as if it had gone buried. It was 2:30 p.m. when I looked at the time. Ten minutes remain. I did not attend class, but it does not mean I purposefully avoided your speaking class. I am sorry, sir, but I do not want to go there unprepared and be considered incompetent.

I heard that this speaking engagement would be posted on Instagram as a task and progress as soon as I arrived the following day. Therefore, I created another poster even though my original idea was to create a straightforward poster with images and stickers. However, my poster is unattractive and nasty. Due to this, an improvisation supposedly happened, giving rise to an abstract poster with a complicated design. As soon as I observed the performance outcomes from the recorded videos, I saw that my facial expressions and hand gestures improved. However, preparation is the key, and preparation requires practice. We need preparation since those who prepare do not always succeed, even more, those who have no prior planning.

We reached meeting 13 as scheduled. This meeting's topic was news reporting. In order to practice our public speaking skills, we were requested to role-play a reporter or presenter from a news program in front of the class. Instead of calling out our names individually, Mr. Ramli wants us to stand up and

make a speech with our consciousness. No matter what happens if we do not progress, he wants us to volunteer for ourselves. He often said, "You will not know what it feels like if you do not come here, and it is better to come forward than just come and sit without knowing what your friends are experiencing. This is part of the process that will improve you." in almost every meeting. Without fear of appearing foolish in front of everyone, we all have the same objective and move forward with different expectations with the same aim, namely public speaking. After class, we gained knowledge and experiences that may prove to use in the future. I am going forward in the hope that I can because I am used to it, and it also helps me think critically, making me mentally prepared at all times.

"It may not always be in line, but if That is the way it goes, why do not we try."

This means that, sometimes, our ambitions do not match the actual situations, and often the actual paths do not match our goals. As English education students, this route must be taken to obtain the desired degree. Therefore, we should not at least give our best effort to realize our goals.

Sir Ramli separated us into various groups before our most recent meeting. The topic for speaking this time is "Roleplay," and everyone must present as a different character with a different plot and lesson for each performance. The last speaking class meeting will feature a role-play presented by five groups with various topics and narratives. Haikal, Rizal, Musda, Evi, Dame, and I make up our team. We did not even have a script made at the meeting before the last speaking meeting, and we had yet to decide on the presentation's theme. We selected the roleplay's topic and script during that meeting. We had one practice session the following day, but I feel this story is too short and "cringe." Therefore, I decided to change this story on Friday, three days before the last speaking meeting, because, in all honesty, I did not enjoy the previous story.

I constructed the characters, plot, and script for this story. One night, I wrote an entirely original story with no copying from existing works. I can still develop this story to make it a longer work or a novel. Because I was unsure how our scenario would end, I sent it to the group and requested my fellow group members to create a perfect ending. Two days before our last meeting, the manuscript for our roleplay was completed on Saturday night. The next day, we only held the first practice in the afternoon since a script still needed to be revised.

We are optimistic that we will perform well after a day of rehearsal.

We had some practice pre-class the following day, the final speaking class session before the end-of-semester test. We witnessed the opening performance during the draw. There are advantages and disadvantages to appearance—weaknesses brought about by a lack of preparation and training. Our performance's strength is its capacity to entertain the audience and effectively represent each of our characters. I also want to thank Musda and Dame for excelling in their respective roles. It also put much pressure on us because of the first performance, but we succeeded in getting through it in the end. The groups' performances received high praise from Mr. Ramli, who also thought highly of our classmates' efforts. My improvement in speaking may be summed up in one word "Better." My ability to deliver speeches in front of audiences, the majority of which are improvised, and my mentality to do so have increased. This is the direct effect of the statement, "you can get used to it." I can because I have done it before in speaking class. The issue with the desire to appear returns to the individual. Moreover, I have made significant progress since I first participated in the speaking class. "Do you believe you are good enough?"

When I feel my performance is not satisfying, the question, "Do you believe you are good enough?" always crosses my mind. This question comes to mind as a reminder to myself that I still have many flaws, I always believe that I am the best version of myself, and that is sufficient. Therefore, this thing will emerge in my head out of nowhere if I fail. Like a constant alarm that makes me aware of how wrong to take pride in what I have "done" at this time. Why do I not declare this a success? It is inappropriate for me to declare success because the question "Do you believe you are good enough?" continually kept nagging at me. The only goal I can think of is finishing this major soon, which is something I can think about and do someday.

"Miracles would not happen to people who remain silent."

This is the mindset I have so far memorized. Every time, it also makes my mind work even harder. When we are only silent, is it appropriate to expect that we will succeed someday? One of the steps to moving on to the next level is taking a speaking class with Sir Ramli. He has led us as best he can, but it depends on how all of you respond. Realize that your dreams will not manifest if you sit

here and do nothing. Real life is ruthless, and if we can not adapt and survive, we will be ejected from the game known as the "REAL WORLD."

Thank you very much, for the knowledge, advice, suggestions, and guidance you provided in the speaking class as well as in other classes, Sir.

-Denando

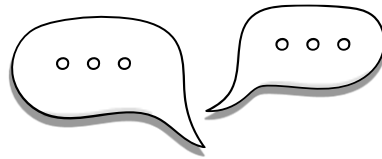
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Nervousness in Public Speaking and How I Solve It

Mesi Andriani Bunga

Nervousness is usually experienced by someone when the body responds to worries in the mind, stress, fear, and others, especially when you want to speak in public. Many factors make a person feel nervous when public speaking. For example, anxiety disorders arise when seeing the audience, an uncomfortable room or stage condition, feelings of insecurity, fear of saying the wrong thing, and lack of preparation and understanding of the material to be delivered. In this case, it takes some way to overcome nervousness when public speaking. On this occasion, I shared my experience with public speaking. When entering speaking class, I started to feel nervous and afraid of speaking in front of people because I was not used to doing it, and I was also afraid if I spoke wrong in front of them. At the time, I started to go forward to talk about our opinion about public speaking, I want to talk too, but sometimes I am afraid to raise my hand and speak because I am afraid to say the wrong thing and I forget what I want to talk about in front of me later; therefore I undo my intention to come forward even though I also want to talk. That is one of my fears.

Describing ourselves in 3 words was the first to the third meeting. We only discussed material about speaking and how to speak correctly and adequately when in front of someone. Then at the fourth meeting, our opportunity was to speak in front of the class describing ourselves. In this material, I have not dared to come forward and give my opinion about myself. I just watched my friends deliver their speeches. The next meeting was about the weather that we like in Indonesia. It has two seasons, summer and rainy, unlike other countries where

we can enjoy autumn, spring, summer, and snow. At this meeting we were asked to tell what weather we like, my friends started to explain what weather they like and I like winter because as I often see it in movies, it turns out winter is exciting. I imagined when I could play snow in the yard with my friends and make snowmen together. I should not. It was fun. Nevertheless, at the meeting, I have yet to come forward to explain my favorite weather. I just paid attention to my friends who spoke in front of the class.

"An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity."

-Martin Luther King, Jr-

Regarding diversity, Indonesia has many differences, whether from religion, ethnicity, race, or ethnicity. Diversity is what makes us more united and so appreciative of the differences between us. In this meeting, we were allowed to express our opinion about diversity, and this meeting was also the first time I dared to come forward and share my opinion about diversity. I like to speak about diversity because diversity makes us unite. I went in front to deliver my speech. I felt very proud of myself after I prepared my script. I can speak about the beauty of diversity.

"Human effort to grow and develop innate potentials physically and spiritually under the values that exist in society and culture."

-H. Fuad Ihsan-

"Technology is nothing. What is important is that you have faith in people, that they are good and smart, and if you give them tools, they will do wonderful things with them."

-Albert Einstein-

According to Manuel Castells (2004), technology is a collection of tools, rules, and procedures that apply scientific knowledge to a particular job in a condition that allows repetition". Moreover, according to Merriam Webster Technology is an application of practical knowledge, especially in a particular field; how to accomplish tasks primarily by using technical processes, methods, or knowledge; as well as particular aspects of specific business fields. However, in this day and age, technology has developed very rapidly, and many innovations have emerged that make the work done by humans easier. We gave our opinions about

technology as usual, and at the meeting, I did not come forward; I only heard my friends' opinions about technology. After that, we discussed technology in today's era.

"Cultural differences should not separate us from each other, but rather cultural diversity brings a collective strength that can benefit all humanity."

-Robert Alan-

In this meeting, we discussed socio-cultural. *Sociocultural* is a term related to social and cultural factors, which means common traditions, habits, patterns, and beliefs in a population group. The term is primarily used in sociological and marketing contexts and refers to the most remarkable drivers behind how people make societal decisions. However, some experts say that sociocultural theory emphasizes ideas and is interested in studying how people jointly create the reality of their social groups, organizations, and cultures. Sociocultural is used in topics about individuals, conversations, groups, organizations, media, culture, and society. At this meeting, I did not come forward and only listened to the opinions of my friends and then discussed them.

Professionalism is a robust quality. It allows you to fulfill your role to the best of your abilities. It helps you to impress and inspire others. Moreover, it gives you a deep sense of satisfaction and self-worth. Professionalism involves consistently achieving high standards, visibly and "behind the scenes," whatever your role or profession. This meeting discussed professionalism; as usual, I did not come forward to express my opinion on this matter because I did not know what I should do. I did not want to step out, and I was all ears listening to my friend's speech about professionalism. It is so amazing hearing other people's points of view on something that I did not know. They share their information with us, so I am happy that I got new knowledge.

The eighth meeting is the midterm assessment. Here we are asked to look for public speaking topics taken from YouTube Ted talks. The material that I bring is how to manage time well. We were given 4 minutes to speak about our respective material and recorded it. I only got a little time to prepare everything for the mid-test because we had a campus event that day. I was so panicking that I did not make it because the mid-test greatly impacted our scoring. Even on the day that we were hectic as a committee, I had to do all my script without thinking about what happened; next, I did was I have to give my best during my mid-test

later. The lecturer was in the room, and we were called individually. The lecturer was there to stand by and record every single of us. I thank God that I can make it despite my busyness, and I am so happy.

At this meeting discussed youtube Ted talks, as usual, looking for material to be presented at the meeting; my friends came forward to express their opinions on different topics, but at this meeting, I did not go to class for one reason or another, so I skipped this class and asked my friends what was discussed in at that time. The following week of the speaking class meeting, we were asked to



make posters related to the previous material. They were decorated as well as possible and also as attractive as possible. After that, they were presented individually in front of the class, and my friends came forward to explain what they were making and the various materials. After all, they came forward, then took a photo showing their respective posters. After that, all Mr. Ramli told us to bring back our material by recording it and posting it on our social media.

In this meeting, we were given a speaking assignment about news reports. We were told to bring our speaking material, like reporters in general, and various news that my friends and I brought which were currently viral. The news I bring is about the case in Itaewon, which killed up to 156 people. According to BBC News (2022), emergency officials said that the tragedy occurred as a large crowd celebrating Halloween in Itaewon surged on Saturday night. The Itaewon Halloween 2022 event is the first in three years after the country lifted COVID-19 restrictions. Medical officers to residents carried out emergency first aid to many victims who fell due to cardiac arrest. The first aid given to victims lying on the street is CPR (cardiopulmonary resuscitation). This is our last meeting before the end of the final test. In this meeting, we played a role play consisting of 5 groups. I am in a group with Ronald and Rayhan. Sarah, Stefani, and Clara. The theme of our drama is about the world of college and talks about three teenagers who always think everything is instant without thinking about what will happen in the future if they do not think about it from now on. Here I play a protagonist who always reminds his friends to think about the future that will

pass.

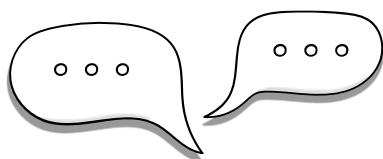
In class, we had much fun, even laughing at the dramas my friends were showing, it was very varied, and many experiences could be taken from every drama that my friends and I staged; even though it seemed simple, we enjoyed the moment. Furthermore lastly, I will add how to overcome my nervousness when speaking confidently. I train my confidence in front of the mirror by looking at various platforms about good public speaking. Then I also practice my vocabulary so I use non-verbal words sparingly.

“do not be afraid to speak in front of many people, but speak with confidence
do not let fear rule you, face your fear with the abilities you have”

- Mesi Andriani Bunga-

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My Speaking Journey as an Introverted Person

Tasya

I got speaking courses before because I also had a speaking class in the first and second semesters. However, the difference between this course and the previous one is that in these courses, I will learn more about what public speaking is and how to speak in front of many people. If we talk about speaking, I believe the first thing we need to prepare to face this course is "self-confident." As we all know, self-confidence is an essential aspect of our life, just like Sylvia Path (an American poet, novelist, and short story writer) said in her book "The Unabridged Journals of Sylvia Plath Quotes."



"The worst enemy to creativity is self-doubt."

— Sylvia Plath, *The Unabridged Journals of Sylvia Plath* (2002)

It is not only an essential aspect of our life but also because in this course I can guarantee you will appear in front of many people for much time and it needs much self-confidence to be achieved. For me taking this course is quite challenging, especially as an introvert who can quickly shy in front of many people. I am telling you, reader, to be able to talk in front of my classmate is not easy at all. It takes more than one meeting for me. as you read this writing until this part, I am sure you want to read the rest of the story of how struggling and

how I could face the speaking course. So yeah, let me tell you the complete story of my journey in the "speaking course."

Nevertheless, before I start my story about "speaking," it is wise to tell you a little about what speaking is. So based on englishclub.com speaking skills, "Speech is the transmission of language through the mouth. To speak, we use many body parts, such as our lungs, vocal tracts, vocal cords, tongue, teeth, and lips, to produce sound. Speaking can either be formal or informal. This verbal form of Speech usually requires at least one listener of her. Talking or discussing between two or more people is called a "dialogue.". Speech can flow naturally from one person to another in the form of dialogue. It can also be planned and rehearsed, as in the delivery of a speech or presentation. Of course, some people talk to themselves. Some English learners practice speaking standing alone in front of a mirror. Informal speaking is typically used with family, friends, or people you know well. Formal speaking occurs in business or academic situations or when meeting people for the first time.

Besides speaking, it is good that we also know what "Public speaking" is because, in this journey, I will also talk about public speaking. According to www.cleverism.com public speaking, "Public speaking skills refer to speaking effectively to an audience. Whether in front of a group of people you already know or a crowd of strangers, your ability to communicate clearly and confidently with them is known as public speaking. There may or may not be an opportunity for interaction between the speaker and the audience. However, the fundamental difference between casual conversation and public speaking is that the latter is more purposeful and intended for celebratory, entertaining, influencing, or profitable purposes." According to ahaslides.com "Public speaking, also called a lecture or Speech, traditionally involves speaking face-to-face in front of a live audience. Public speaking is used for various purposes, often for education, persuasion, or entertainment. Each of these is based on slightly different approaches and techniques."

I do not know how to start this story, but let me start by telling you how struggling I was at the beginning of this course. From the first meeting until the third meeting of this course, I am not entirely participating. Why? Because as you know, speaking in class means you should be able to speak in front of the class or at least raise your hand in class to ask a question, right? Nevertheless, guess

what, everybody? I can not do all of it, not even raising a hand to ask a question to my lecturer. Yeah, how timid I am, right? Whenever my friends appear in front of the class and practice their speaking skills, I sit there and watch them. I am concerned about my skill but am too scared, so I pretend I do not care about it. It happened over and over until I finally realized I could not go on like this. I should change if I want to develop myself.

After much thought, in the fourth meeting, I finally encouraged myself to take a chance and speak for the first time in front of the class. I still remember clearly that the topic for the Speech that day is "three things about myself." I still remember that day I got anxious before my turn to come forward. I still remember how shaken I was and how fast my heart beat before my turn. That day was rough for me because it was the first time I was speaking in front of a class and because I had just found out that my best friend, who always being my company at the university, had decided to resign. That day I forced myself to leave my comfort zone without her comforting me, and it was time for me to come forward. I got very anxious. My hand was shaking. My heart beat fast, I got sweated quite a lot and almost failed to utter a word from my mouth. Nevertheless, I encouraged myself with a deep breath and forced myself to let out a word, and guess what? I did it even though my friends could see my hand trembling, but in the end, I finally succeeded and released from my comfort zone, and I feel relieve after that and also very proud of myself.

Three things about myself became the significant change and the beginning of my journey & progress in speaking classes. Since that day, I have been getting more interest whenever it is time for speaking classes. I enjoyed searching for the topic given to us for speaking material at every meeting. I finally can be seen myself little by little improving to be better in speaking. To make it more detailed and make the reader imagine it more realistic, I will share several meetings in the speaking class that I consider pretty memorable and helpful for me to explore my speaking skills even further.

I am not sure at what meeting it is, but I know that day the topic we were talking about is "diversity" in line with the material in the listening class, which is also one of the classes on the schedule that day. It was the second time I encouraged myself to come in front of the class after "three things about myself." My lecturer Dr. Ramli gave the topic the night before so we could prepare

ourselves. I write my text and take some inspiration from the internet. I talked about what diversity was and took some examples from my classmate. On this second chance to talk in front of my classmate, there needed to be more progress in my speaking. The first thing is that I am not finally trembling anymore, but not going to lie; I am still quite nervous, in any case. Another progress I made is that my speaking is more focused and conceptualized, even though it still lacks many aspects. Nevertheless, like what Roy T. Bennett said in his book "The Light in the Heart."

"What is done is done. What has gone is gone. One of life's lessons is always moving on. It is okay to look back to see how far you have come but keep moving forward."

— Roy T. Bennett, *The Light in the Heart* (2016)

I keep moving forward and improving my speaking even though the progress is insignificant. The next speaking meeting that was quite memorable for me was when we were talking about "Technology" because, in this meeting, I learned a lot of new words and phrases that I never heard before. Besides, my lecturer Ramli gave us a new, unusual task in this meeting. He usually told us to prepare our speaking text and present it in front of the class. In this meeting, he lets us explore our confidence level more by uploading our speaking in video format to our social media (Instagram). As a GEN Z who spends most of my time on social media and as someone who makes social media my second world to interact with my social life, uploading something is hard. Plus, as an introverted person, it becomes more challenging. Because I am scared, someone can easily judge me and my speaking skills. Mr. Ramli keeps pushing us to encourage ourselves to reach our limit, and I thank him for seeing my process in speaking courses through the video on my Instagram page until this day.

Fast forward to everything suddenly. It is time for the mid-test. This time we face another challenge. Mr. Ramli wants to test our speaking ability by speaking in front of a camera live and without any mistakes to be tolerated. He requests us to open "TED-TALKS" to find videos and articles we like as references to our Speech in the mid-test. That day everyone in my class looked so nervous. Everyone was scared to make mistakes while speaking in front of the camera, and so did I. I read my text speech many times, tried to remember any important detail in my Speech, and recited every word in my Speech for the entire time

while waiting for my turn. After finishing my mid-test, I feel proud of myself and my classmate. I see how much we are improving compared to the semester's beginning. We were finally confident to speak and even use our bodies to express emotion. While in the beginning, some of us did not even dare to introduce ourselves in front of the class.

After the mid-test, my friends and I became more and more confident. As an introvert who does not like to talk in front of many people, I can finally find the charms of public speaking. It is fun to get attention in front of an audience by talking about something you have mastered and already know. Mid to late semester, my class got more active and improved significantly. It can be seen by how well prepared us every meeting. Seeing that made me happy because my class developed and grew together without leaving some behind. Also, the task from Mr. Ramli got more and more enjoyable for us. I am confident enough to deliver in speaking class, and it was the most memorable for us the entire semester (for speaking courses).

At what meeting this is, it is around 13-14. We got a new kind of task. Mr. Ramli wants us to do a presentation about a poster. Nevertheless, That is not the fun part. The fun part is that he wants us to explore our creativity in making some property to our speaking. He requested a poster based on the theme he gave to each of us as someone who enjoys drawing. This task made me excited but also worried too. Because I should be able to prepare my Speech and the property I will use for the Speech, my speaking improved significantly in this meeting. Because I was not preparing my speech text properly this time, but surprisingly, I could let out the information I wanted to say about my poster without struggling.

Moving on to meeting 15 is one of my favorite meetings of all time because, in this meeting, we became a news reporter (yearly!). During this meeting, my speaking skills were impressive. My tone, my pronunciation, and my articulation became more mature. My confidence also improves a lot. I felt very comfy while delivering the news article I reported that day. Not only the speaking skills that I could brag but also how I could control my expression made me amazed at myself. While looking at the video my friends took, I am proud of myself. I came from someone who could not even raise her hand to ask questions to someone who can speak confidently and is capable enough to become an actual news

reporter (overconfidence is a terrible thing, reader, do not emulate it).

In a short time, our speaking class was unexpectedly at the end of the semester. About six months feels short. It is suddenly meeting 16, our last meeting in speaking courses. This meeting was very memorable, not only because it was the last meeting but also because we had role plays as our task for this last meeting. In this task, for the first time, we got divided into several groups. My group has six members, including Arina, Dhira, Fatim, Habib, Sherlan, and Tasya (which is me). My team chose "The Red Riding Hood" story to be staged. I got a role as a fairy godmother who also is a narrator. My speaking progress in this meeting is very mature.

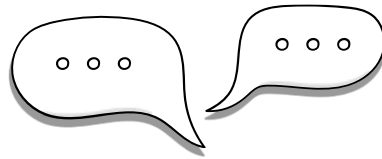
I am not panicking anymore when I lose words or forget something I want to say. My pronunciation also improved a lot. I even used a British accent in this meeting to represent an OG fairy godmother. As for our last meeting, I enjoyed this meeting. I saw much joy that day. We laugh a lot, and we improv a lot. That day was also sad because it would be the last time we felt pressure to speak. On Monday, it was our last time in the "SPEAKING FOR FORMAL INTERACTION" course before finally. It was time for the final test. If we look back again, we have been through many things. I see some tears, I see the worried face, I hear the sigh, the pressured atmosphere, the unstoppable recitation, but I also see a smile, a relief face, laughter, an exciting atmosphere, and pride. Many things happened in this course; we grew together, developed, and learned together. It became part of my journey in this speaking course and a witness of how I could break the stigma that "an introvert can not speak in front of an audience."

At the end of this reflective writing about "My Speaking Journey as An Introvert Person," I said you can do it if you do it, you can change if you want to change, everything is in your control, do not let others define who you are, and do not let them stop you just because of some stereotype. Roy T. Bennett said in his book *The Light in the Heart*, "Great things happen to those who do not stop believing, trying, learning, and being grateful."— Roy T. Bennett, *The Light in the Heart* (2016)



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From Me Who Almost Give Up

Irsyad Ramdhani

I am always silent during speaking class. I am silent because I am disappointed and afraid. Almost all jobs require public speaking, but ours especially. We have developed this skill among our colleagues, become accustomed to the idea of more environmental health professionals actively participating in and participating in events and gatherings, and are happy to share their thoughts so that we can persuade them to contribute in any way we can. To present yourself well, look professional, and please your audience, you need to be familiar with communication elements and use them in your presentation. What is public speaking? It is a live presentation in front of an audience. Public speaking can cover a wide variety of topics. The purpose of a speech is to educate, entertain, or influence an audience. Visual aids in the form of electronic slide shows are often used to supplement speeches. Doing so will make it more attractive to your listeners.



Public speaking presentations are different from online presentations. Online presentations are always available. Public speaking is usually limited to a specific time or place. Online presentations often use slide shows. Alternatively, use a pre-recorded video of a speaker. This includes recordings of live public presentations. Public speaking takes place in front of a live audience, so there are a few things to consider. We will talk about these later. Now that you understand the importance of public speaking, let us take a quick look at its history (and

importance). Public speaking is rhetoric in which a speaker communicates with an audience through an oral presentation. Public speaking should be motivating and motivational. You can develop confidence and think critically in public.

Speaking class is suitable for English students to improve their speaking skills. Moreover, it helps to boost their confidence to become a public speaker one day. This class has forbidden many things to students. How to speak in front of many audiences, indulge while speaking, and deliver your speech. Nevertheless, behind all that, this speaking class was the beginning of a challenge for English education students at the Borneo University of Tarakan. We were told to prepare a script with a theme given by the lecturer, and That is when some students felt anxious and scared.

Everything starts with uncertainty and awkwardness. Cold sweat poured down profusely, like corn grains, lips were dry, even swallowing saliva seemed unable to, the eyeballs felt enlarged, and the pulse felt fast as if indicating a weighty burden that had to be carried. Legs are shaking. The feeling of fear of being wrong and blamed by the audience is increasingly supportive of getting off the stage. Vigilant spies seem to be in disbelief and suppress the mind. The more perfect the fear felt when he first appeared.

I can only speak in front of a few people. That is because I am a shy and insecure person. Everything would be fine on the first day of the speaking class, like the previous speaking class last semester. However, the reality was different because in every meeting, all students had to show performance, and each meeting used the topics given. Nevertheless, this moment is extraordinary for me because this is the first time I have spoken in front of them and can share it directly. Friends who have already experienced public speaking must be used to it, and it is not a problem.

Nevertheless, for me, who has never experienced it, there is fear when asked to speak in front of someone. Apart from the delivery technique, I also realized that my knowledge could have been more. Those are the two things I am worried about. However, back to the original goal, I consider this learning. Moreover, this college is a place to learn and exchange knowledge. Therefore, there is no problem, and it is better if there are a lot of input or corrections from others. It could be a different story if I became an event's MC. Of course, I am not worthy yet. However, I want to speak like others and become an excellent public speaker.

During the first meeting with the topic "Describe yourself in 3 words", I had not prepared anything then. When my name was called for the first performance in the class there, I felt I did not know anything. During the performance, I could only speak a little because I was nervous, and that was also the first time I spoke in front of the class alone. At that time, I felt very embarrassed. After all, I could not talk much even though the topic was straightforward because I only explained myself. When class ended and I went home, I cried and called my mother. I told her I wanted to stop attending college because I felt I could not afford to attend lectures. After I called my mother, I cried because I felt I could not do anything else at lectures, and my friend said, "stop crying! we are the same. We learn together".

Until the third meeting with the topic of Diversity, I ventured to come forward because I had already prepared what I wanted to say about the topic, and when my name was called to come forward, I forgot what I wanted to say. At that time, I only explained it a little. After that, I realized I have many weaknesses, i.e., lack of confidence and fear of speaking; maybe those feelings arose because I went ahead with a bad performance, the audience would laugh at me, but after that, I changed my mindset to "whatever what happens, keep moving forward." It makes me want to perform, but I always try my best. This class is something. I never thought this class would be scary. Speakingaking would be more fun. After all, I can speak English even a bit, but it is more challenging now because I need to figure out how things will happen to pursue more progress.

There are days when the speaking class has yet to start. I often study public speaking on YouTube. I watch many videos on Ted's youtube channel. I learned how to develop public speaking skills, stay calm in front, and overcome my fear of public speaking. I watched many videos about public speaking. I always tried every minute to give my best and show even a little progress. Nevertheless, the fear still haunts me, and I keep trying to get rid of my fear. I practiced a lot at home, on campus, and in workplaces. I always practiced without knowing what time or what place. I knew that if I did not give my best, I would not get a good score in my speaking subject. That is why I keep on practicing over and over again without feeling tired.

The fifth meeting started, and we talked about technology. At that time, I had prepared my script and studied it. When moving forward, I talked about

Television. At that time, I was starting to be able to talk more than before, maybe because I was used to the atmosphere in the classroom. Furthermore, in this meeting, I learned that if we prepare ourselves in advance, it will be easier for us to do something. Because of practice, I can speak in front of my friends, even though I still get stuck, but I am grateful and happy because I can show my progress in speaking class even though it is not a massive adjustment. That is why I wanted to keep on practicing because I know how it feels.

Day after day passed, and the mid-test started soon. When I knew the mid-test would start the next week, I prepared what I would talk about during the test. I prepared myself a week before the mid-test started. The day before the mid-test started, I asked my friends about the mid-test, and they said it was only recorded and there was no audience at all. When I heard that, I was delighted and scared. The nervousness immediately disappeared just like that. Because of this, I am getting high to do the speaking test. I am so happy to do it. I can do it because only Mr. Ramli is watching us. I have to give it all out because this is a mid-test, where our lecturer will score us. If I did not do my best, I could not get a good score for my mid-test speaking. I am feeling happy, but at the same time, I have to be careful and count every single thing because I do not want my happiness over me.

When the mid-test started, my friends and I waited for our names to be called one by one to enter the class to perform; however, several names were not mentioned because the camera battery ran out, and Mr. Ramli said the names that had not been named would be continued tomorrow. Moreover, the next day when I was performing, I felt more confident because there was no audience. At that time, I spoke about my topic smoothly and received appreciation from Mr. Ramli because there was a development from myself at that time. I felt delighted. After all, it could be like that. He makes me happy just by giving me appreciation. I can feel his sincerity in him. I finally can give my best during my mid-test speaking.

After the mid-test, the next meeting is full performance practice and a focus on the public, and there is no explanation of the material at the next meeting. The next meeting was to present posters. Creating and presenting posters requires students to develop and use the vital skills of inquiry, critical analysis, and dissemination of findings. A poster presentation could be a learning strategy

and assessment method. At this early developmental stage, poster presentation has proved to be as successful an assessment strategy as the traditional essay, and student reports poster creation and presentation to be a novel and engaging experience. Teacher experience shows that despite the intensity of the assessment procedure, observing the emergence of analytical debate and creative achievements of students is an exhilarating and worthwhile experience. Furthermore, I got a theme about social culture, and I did a poster on different languages and diverse cultures. At that moment in class, the situation was taut, and my feelings were not good when my name was called.

Our last meeting was the best and most memorable moment because this was the best way to end our third semester. We are doing our last meeting with drama and are divided into four groups, each presenting a different drama. Every group gives the best they can. We all laugh because some groups are so funny in how they act, and some are so eye-catching because of how they act and deliver their script, like being one with the drama. They all are into their figures. Some students like our performances because we use the property for the king and queen. A king and queen are dancing to a beautiful song. I saw my friend smile; it made my heart beat so fast.

I almost gave up, but because of my hard work, I did not want it to be wasted just like that. I know life has never been easier, but we keep moving forward and will make it to the end. That is how life is going on. The show must go on. Whether you want to do it or not, life cycles will always be like that. All you have to do is better feel everything around you, take a deep breath, look around and go with it. Do not let any negativity brainstorm you, do not say you can not without trying. Trying first, everything will get in order if you trust yourself. We are just human beings, and we must accept everything around us. Life must go on, everybody.

Class management occurs when a lecturer performs activities to create a conducive classroom environment to achieve maximum learning goals. The following step is collaborative learning, which involves students working in groups to share ideas and solve problems. Individual learning has different advantages than collaborative learning. I can learn more and share ideas with my classmates using collaborative learning. Every activity in class requires the assistance of friends. They want to work together to help and learn, provide

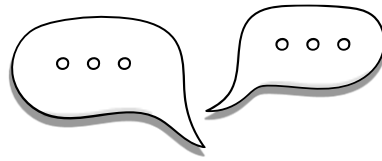
input, and support one another to create harmony and comfort in learning and speaking in class.

Furthermore, my performance varies from meeting to meeting. I am constantly speaking in front of the class and presenting the best version of what I perceive as an attempt to improve my performance when I make mistakes and learn how to improve them. Everyone will want to do good things and demonstrate them to the best of their abilities. However, I can improve my speaking skills or become a public speaker by learning from my mistakes. Furthermore, anything in the form of a change from before for the better, even if it is only a minor increase, is a source of pride for me. I am making improvements to my most outstanding achievement.

The conclusion of this discussion, which begins from the first meeting to the end, leads me to understand the benefits and purpose of this course and how important it is to our future as students. I was pleased with what the lecturer had said in the lesson and what my classmates and I had done in the process of being public speakers. We did group and individual studies; it was fun, and I will never forget it. I plan to achieve my goal and my dream of being an excellent public speaker. I had some inspiring experiences during learning to speak in class. Beginning with my friends and also with the speakers, we learn from one another how every effort I have made has been a form of improvement for myself. I have done so against nervousness, fear, and lack of confidence in speaking in front of the class, and I will always increase in the future.

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Endless Journey

Zein Ridwan Alhakim

Hi there, my name is Zein Ridwan, and I am a third-semester of college student in English Education at Tarakan Borneo University. This story is about my journey through the speaking class, especially in public speaking. As a student in the English Department, the ability to public speaking is one of the crucial aspects of my major. I've been through many struggles, curiosity, and nervousness in this course, but giving up is not a choice.



Public speaking is more challenging than it seems because we have to reduce our nervousness and control the audience. We have to make the audience excited and listen to our speech. Hand gesture is a crucial thing to making the audience pay attention. The fluency of our lesson is also essential because the audience will notice if you are knowledgeable about your speech material. If you are fluent enough in your speech, the audience will think you have mastered your material. I saw many excellent public speakers, and they were very cool because I am not that confident talking in front of many people. Some of them are great, but my favorite public speakers are Les Brown. He is a politician and a famous motivator. For almost four decades, he changed many people's lives to be better. He also writes many favorite books, including *Live Your Dreams (1992)*, *it is Not Over Until You Win (1997)*, and many more. Through his book, he inspires many people.

When I heard that this speaking course would improve my ability to be a public speaker in front of many people, I was excited, even though I could be a better speaker. Like I said before, I could be more confident in talking in front



of many people because I have no experience in public speaking. In junior high and senior high school, I have yet to gain experience with public speaking. All I learned is a conversation with friends, the dialogue thing. Honestly, at the beginning of the mid-test, in this course, I do not have many improvements in my speaking skills, though it is still improved. Like I said before, it is because I have yet to gain experience with public speaking, even in junior high and senior high school. Knowing I had to improve my speaking skills further because the lecturer said there were no more speaking classes ahead. For a better future, for a better presented final project in my major, defeating my "afraid" and "shy" side to improving is a must.

"Shoot for the moon. Even if you miss, you'll land among the stars."

-Les Brown

That is what I cling to too firmly. Although you failed, you will get the lesson. There is no second chance, but the opportunity will come to people who always try. There is only a bad day, not a bad life, so there is no more time to waste. "Get up and give it a try." I hope this course will improve my ability to public speaking because, in the last semester, we also have a speaking course. But I only have a few improvements to talk in front of many people. My legs are shaking, and my nervousness is still a problem for the past semester. Also, I realized that I have to improve. It is enough to be afraid of speaking in front of many people. Then I encourage and motivate myself to improve.

For me, practicing is one of the crucial aspects of public speaking. Even when we master the material and do not practice, our speech will be ruined. Some aspects will ruin your speech. For example, if you do not master your material enough, you will feel like your brain is blank in the middle of your speech. Hence, you have to master your material before you deliver it. Nervous is also an aspect that will ruin your public speaking if you do not maintain your nervousness. It is a shame because I see myself at that point. At the beginning of the course, I was very nervous. Cold sweat flows from the top of my head to the tip of my toes. Also, I am terrified of being wrong in pronunciation and word order.

I was trying to find some methods to reduce those aspects. I found some of them through this course. My method in public speaking is to write down all points from my material and make the main point of it. You can practice speaking in front of the mirror, pretending you are on the stage. This method will decrease our afraid or shyness. Also, I commented on my material at the end of my speech. To get fluent in delivering my speech, I remembered my script. Because with this method helps me in speaking, decreasing the opportunity to get blank in the middle of my speech. All those methods are helping me a lot in this course.

I felt very nervous at first in this course, but I had to do it if I wanted to improve. The theme of the first meeting is "Describe yourself in 3 words". When I was delivering my speech, I felt very uncomfortable because I was afraid of getting wrong in my word order, just hoping my friends understood what I was trying to say. It was pretty smooth, but there were some spelling and word order errors in my speech. What do I expect from the first meeting? I've seen some of my friends are good enough for the first meeting, and some are well prepared for the meeting. I feel fortunate because, in my class, all of my friends support each other. They gave feedback to each other to improve in this course; we often practiced together.

The second meeting theme is "Weather," which weather we like and why we like it. In short, I like rainy weather because it feels very calming to my mind and does some self-talk. It was also relatively smooth, and some of the word order of my speech was fixed. This second meeting has not improved my speaking skills a lot. There are stills an improvement, even though it was slight. I'd convinced myself I had to improve because what I believe is, "*Continual improvement is an unending journey.*" -Lloyd Dobyns

After several meetings, I've been through, I public speaking is one of the essential things in my life. On YouTube, I watch many public speakers delivering topics, like Elon Musk buying Twitter or even someone presenting a game. I like how people have speeches. It motivates me to learn about public speaking further. I also often listen to English songs and watch movies without subtitles to improve my listening skills that are connected with my speaking skills.

Day by day, I am taking this course. One time after the mid-term test, my friends and I have to deliver a speech like in other previous meetings. This time we have to find the topics from a TED YouTube channel. This channel is about

public speaking, and you have many public speakers with different issues you can find. I chose one of the topics called "How Ethics Help in Decision Making." The lecturer called our name to deliver our speech. I saw some of my friends, including me, needed to prepare more to give speeches. After the lecturer called my friends' name, then he called me. At that time, I was very nervous, I'd never been so scared before in this course, and it was because I was not prepared enough to deliver my speech. My feeling is right. At the beginning of the speech, suddenly, I forgot my material. It still needed to reach the middle of the speech. My head is blank, I can not find the point I have to write, and a cold sweat flows. After several seconds after that, the lecturer realized I had forgotten my material. Then he told me to sit back and remember my material. At this point, I realized that I did not have any improvement yet, because I did not belong here. I do not belong to this influential. My passion is art. I asked myself, what whisper made me join this major? Suppose only my parents allowed me to take my college study out of Tarakan. In that case, I will have many improvements. Underestimating myself, I dissolved into emptiness. It feels like this course is no longer necessary in my life.

The topic the lecturer announced for the next meeting was a poster presentation. We have to create our poster by drawing our poster on paper. Taking any reference is allowed, but the lecturer reminds us to keep the originality of our poster. After the lecturer announced the next meeting would be a poster



presentation, I realized that I must leave a good impression before the course ends. Knowing I have an ability in art, I am enthusiastic. I am thinking hard, racking my brain on how to make a good poster. I also take from many references to make my poster idea unique. When I finish my poster, I do not expect it to turn out so well for me personally. Well, my friends like it too. After the class ended, I realized I had to stop the insecurity about my speaking skills. Even when your word order and pronunciation are not good enough, at least you entertain other people. Making people around you happy is the point of public speaking for me. As the lecturer said, there is no one will judge your speech. The vital thing is that you deliver your speech and the audience feels entertained.

My zeal for speaking is back. I feel very insecure about my speaking. There are no more cold sweats, only spirits. I remember when someone said, "finish what you started" I will not give up on this course. My friends are one of the aspects because I do not give up. Because as long as they do not give up, there is no reason for me to give up. Tuition fee is also one of the reasons why I do not give up yet; I feel pity knowing that my parents work so hard to pay the tuition fee. I do not want to make them disappointed. I want to make them proud of me. I want to prove to myself that I can do it. There is no more underestimating myself, and there is no more doubting myself.

The final project of the course is coming. Still, my lecturer said there would be an entertaining speaking topic before the final project. All of my friends are so excited about this meeting, including me. After a long week of serious discussions, we finally got the "refreshing" meeting. So, the lecturer puts us in groups where we have to present drama. We can take either educational themes or fictional story references on the internet and deliver them. As long as the story of the drama has a lesson that can be learned, it is allowed. My group decided to present a fictional story. The original title is "Princess of Siger," but we change it to "Princess of Crown." My role in this drama is quite significant: a prince falling in love with a princess far from his land. I am enthusiastic about this meeting.

I remember when my friend and I, acting like a princess, had to dance. I do not have any dancing experience, wildly dancing with women. Then when the dialogue brings us to the dance scene, everyone in the class shouts at us while clapping their hands. I can not maintain my laugh, but I must bring romantic vibes to the scene. In the end, every group has its own unique. For example, I was very entertained in one group that presented the red riding hood story. Another one was the bullying at school or even on campus. Like I said before, every group has its own unique. Every person is remarkable in how they act, moves, or talk.

Ultimately, I am too insecure about my skills, and I have to reduce that—a lot of improvements that I made. I realized that in my class, there are a lot of differences. We come from many kinds of backgrounds and many types of homelands. Of course, there are a lot of different personalities. I feel fortunate because my friends are supportive. They're supporting each other and reinforcing friendships. They have made many improvements since the first meeting, and I

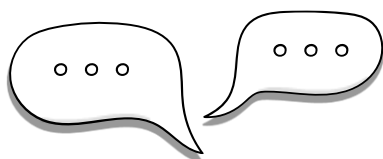
am proud of them. One thing is that we start and finish this journey together. I am also proud of myself because I underestimated myself at the beginning of the course, but many lessons have changed my mind. I always wonder what kind of challenge that is waiting for me in the future. Until then, I must keep learning and learning.

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Take Every Chance, Drop Every Fear

Evi Kumala

Public speaking requires excellent communication skills, enthusiasm, and the ability to engage with an audience. Soft skills are interpersonal skills that are less technical and more about how you interact with others. Presentations could range from speaking to a small number of employees to presenting to a large audience at a national conference or event. The same skill set and ability to be comfortable speaking in public are required regardless of the size of the group (Alison Doyle. 2021). To do any of these things well requires a fair amount of standing in front of an audience and delivering a pitch, an idea, or a body of work. Sometimes, the only thing that stands between me and my audience is fear. Humans have used public speaking for various purposes, such as being persuasive and triggering specific actions. Learning public speaking will help us in many ways, such as increased self-confidence. The more confident you appear in front of many people, your appearance will be better. Building leadership, conveying information or ideas smoothly, and increasing critical thinking will make our careers easier (Glints blog. 2022).



I often see people who speak in public. They look so calm and intelligent from how they deliver the material and talk calmly. Of course, their confidence is astounding. Standing up and speaking in front of many people takes work. Those who are good at public speaking also go through some tough times, practice hard, and struggle to maximize their performance. I had a childhood

friend who now he is studying at Udayana University in Bali. Now he is an excellent public speaker, which is fabulous. Whenever I see his Instagram post, I feel motivated to be like him. He looks very cool and ambitious when expressing his opinion. I remember he once sent me a message. He said: "nothing is impossible in this world. As long as we want to try and try, we can do it, no matter how small a change, will produce big results". Whenever I see people speaking in public, I want to be like them. But sometimes, I can not fight the fear that is in me. I can not believe in myself.

Talking about public speaking for me is not easy because I am a timid person and need more confidence to speak or express my opinion in front of many people about how I look or how people will think of me. I will think about everything, even the impossible things. In semester 3, especially in the Speaking for Formal Interaction course, I was not ready to be brave enough to speak in front of my classmates. Unlike when I was in semesters 1 and 2 because, at that time, there was a covid19 pandemic, and classes were being held online. At that time, I found a few difficulties. The lack of vocabulary made it difficult for me to speak. I was not nervous or afraid because I only said it via video, and not many classmates saw it.

Speaking in front of other people is one of the critical things we must practice from an early age. Many of us have been able to overcome the problem of nervousness when speaking, but speaking skills do not stop there. One measure of a good speaker is making a deep impression on those who listen. In addition, another measure is a good response from those who listen (Rsia Permata Hati, 2022); in this course, Mr. Ramli will teach us how to speak in public properly. At the beginning of semester 3, the class started offline. I took a speaking for formal interaction course. We learned many things about speaking, one of which is how to be good at public speaking, how to improve self-confidence, how to use verbal and nonverbal communication, how to be a good reporter, how to stand in front of an audience and deliver a pitch, an idea, or a body of work. Although this course looks difficult sometimes, this class is fun and very interesting. For me, this semester was a challenge because previously in the last semester, I wasted so much time lying in bed and stressing myself out, my English is getting worse, and I do not know what to do—just doing video assignments and memorizing texts without improving how to speak correctly.

Where the journey began, well, at the first meeting with the topic, describe yourself in 3 words. This topic was straightforward for me. This topic describes my character in 3 comments. But, at that time, I was terrified to come in front and speak. I was also afraid of my name being called. Even though I had practiced the night before class started. Seeing many of my classmates who dare to come in front makes me envious and amazed to see their confidence and the way they present the material.

In the second meeting on the topic of weather, again and again, I did not have confidence, and yes, I had practiced a few days before the speaking class. I just sat and watched my classmates come forward and listened to them. I told myself that I would try to be brave, but I was not. It was more complex than raising my hand. Until the speaking class ended, and I regretted not trying to move forward. I reflected on myself and said that next week I would be brave. I was afraid that my friends would judge my speaking performance badly. I am worried my friends will have evil thoughts about me or even think they will call me a freak or anything. I am timid when I try to speak English because it feels like people will make fun of me. Thoughts like these make me insecure and afraid to stand in front. But in every speaking meeting, my lecturer always provides motivation and support to students who have yet to try *you never try. You'll never know what it is like to stand in front of friends and feel proud after that. No one will judge you - Mr. Ramli.*

After hearing some motivation from my lecturer MR, Ramli, I should not have been stuck with my current competence. I worked up the courage to speak on the topic of diversity, I tried to be brave enough to raise my hand, and my classmates supported me, such as clapping and smiling. Then I went ahead and started explaining my material about "diversity on my campus," which said, "based on my experience, I met many people who have different ethnicity, language, dress up, religions, and even skin tones. Whereas with diversity, we can appreciate differences, and it doesn't make us discriminate against other people". At that time, I was very nervous because I saw my classmates who were very serious listening. Because of that, I was not focused and forgot what I wanted to say in front of my classmate. I sat back down and was very embarrassed.



That no matter how small, change must still be possible. That is what is called change management. **-Ronald Kasali**

After the day's events, I said that was the first and last time I would try to move forward. And from the fourth to the sixth meeting with the topic of education, technology, and socio-cultural, I had no motivation to try again. Even though I had prepared for my material several days to be discussed in class, even though I had practiced at home and was ready to move forward, the fear and embarrassment made me unprepared and brave. At every meeting, I felt exhausted and disappointed in myself because I had practiced but had no improvement or progress in this class.

I remember my dream of becoming an excellent public speaker. I often watch Maudy Ayunda's TikTok or YouTube. She is someone who inspires me in public speaking. Apart from being smart and intelligent at a young age, she has become a great speaker and has many achievements in both academic and non-academic fields. She once said that "about how the insecurities that we have led to ambition in ourselves, which makes us thirsty for knowledge as well as to be able to grow and continuously improve ourselves." From her, I learned to be confident and not insecure, I also learned how to improve my speaking skills, and I know if I



stay consistent and try, I will be able to do it. Aside from listening to some motivation from Maudy, I also watch several videos on YouTube, such as self-improvement, seminar videos, debates, podcasts, etc. why do I watch videos? Because watching the video will add courage to try. Like the TEDx Talk YouTube channel, there are many topics to practice improving public speaking, add new insights, or even get inspiration. The way each speaker speaks can be used as a reference.

The following week is the midterm exam. I tell myself that I can do it. I can fight fear if my friends can. Why do I can I not? This week is the midtest by choosing one of the topics in the TED Talks video, then explaining it in front of the camera. Because, at that time, the only audience was the camera, it allowed me to show my best. And yeah, I can be nervous and clumsy, but I do not think my performance is too bad, either. *No need to think about significant changes. Start*

doing small things, and that small things can make substantial changes. So? Take action right now. - Malcolm Gladwell

At the eighth meeting, with the topic of presenting a poster, each student must make a poster according to the theme. I got a theme about social culture, and my topic is "Let's Preserve Iraw Cultural Celebration." At that time, my name was called to present the poster. Like it or not, I had to come forward. Besides, I prepared my poster and materials. I have progressed; at that time, I was not as nervous as when I first advanced. Then I delivered the material and was assisted by Rayhan, who held my poster. Feedback from my friends was also very constructive, as they said that the poster I made was gorgeous and creative. Besides that, they also said that my appearance at this meeting was much better than the previous meeting. The topic at this meeting is my favorite of the earlier issues. I am delighted to be able to present my poster about Iraw culture.

We were told to imitate news and deliver it in class at the ninth meeting on News Reporters. At that time, I was brave enough to take the initiative to raise my hand to come forward. I bring news about the Halloween incident in Itaewon that killed approximately 150 people. I am very proud of myself because I have the courage, even though my speaking and vocabulary still need to be improved. At least I have progress rather than nothing.

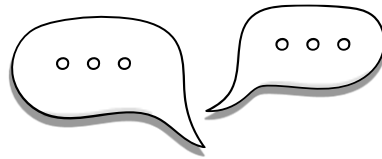
Furthermore, the topic of the meeting this time was role-playing. Each student made several groups consisting of 6 people. Each group has a different theme, like high school life or fantasy. At the meeting this time, it was fascinating and fun to see classmates talking and acting. At that time, I played the role of a teacher. This is the last meeting before taking the semester's final grades, which is very refreshing. After several meetings in this class, I learned many things. I started to have confidence in myself and was not afraid to stand up in front of my friends anymore, and now I am very proud of myself. The key to a journey is courage. It is one step so I can do something new and take myself to the next level. If I continue to be afraid to try, I will never be able to upgrade myself. In this class, I was also very fortunate to meet caring friends who always support each other. Local A2 students have different characteristics and behaviors, which makes me very entertained because of their random behavior. Apart from that, our lecturer Mr. Ramli is also very attentive by continually reminding us to do assignments. He also always gives constructive motivation so that we can make

progress.

And now, when I see myself, I feel very proud. I am in a completely different place, and my confidence has significantly improved. I currently do not care what other people think about my appearance. And how did I get here? I asked myself the question, "can I fix this?". I am starting to review vocabulary, practice English speaking with my partner, and fix that problem. If I keep trying and showing my best, whatever the result, I will be proud of myself for having the courage to try and fight my fear. I try to be the best version of myself.

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I Witnessed

Ronald Simon

August 20, 2022, marked the beginning of our third semester. The students felt on cloud nine because they no longer identified themselves as a freshman and were esthetic because they were no longer wearing any black and white uniforms as the symbolism of the new student.

Speaking class is where the challenges begin as a student at Borneo Tarakan University. The lecturer (Mr. Ramli) has already given the central theme of the speech, and all students must prepare scripts. Some students feel nauseous, nervous, and afraid to step forward because they do not believe in themselves. Speaking class is a good thing for English students to improve their speaking skills. Furthermore, it helps students to boost their confidence to be public speakers someday. This class has taught students so many things. How to speak in front of a crowd, how to behave while speaking, how to deliver your speech, how to use your verbal and non-verbal language in speaking, the rules of speaking and all



Everyone in the class took the major without any exact purpose for why they chose the major. Some of them said that because they were a bit eloquent in English during their senior high school, they gave it a shot to take this major. Some of them just wanted to improve or learn English in university. But they did not know that the university doesn't teach the primary way of English anymore but is a bit more advanced than what they had been studying during senior high

school. Hence, they were shocked. This class gives the students an experience once in a lifetime because those times will never turn back. That is why this class leaves a mark on the students. Saw so many faces with different capabilities and personalities that the students showed it so apparent.

We all know that not all people are at the same level in speaking English. Everyone has their lack, and they did realize this. Since the speaking class started, many of us needed to learn how the course was going. All the students need to know about the speaking class. During the class, the lecturer always said that this class would benefit us in the future. And all the students try hard to give the best they can and everything they have. It might be a bit hard, but it slows things down. Speaking class is entertaining because each has their speech style, so the course is relaxed and engaging. Thank them.

(Where the Journey begins...)

What you witnessed? What do you feel? What do you get? How to get through it?

When my friend said I had nothing to fear, I took that as a compliment. But deep down, people never see how much I suffered to give my best, to show my friends that "*if I can, so do you, man!!!*" but yeah, not all the students have the same shoes. I cannot force them to do what they cannot do; I push them to like what they do not like. The only thing that matter is to motivate them, to encourage them to be better person, not as a nut. Because college is not the same as a school, this is where we can evolve and explore ourselves. I wanted to do my best and accept everything without fear or anxiety. Because all I know is if I did not do now, I would never know when I would be brave to speak in front of a crowd. I will never be growing and not know how it feels. I can make it through the rain. I know that I am strong enough to mend. Even time feel afraid, I hold tighter to my faith.

I also needed help to do better performances every single week. I could not let down my friends' expectations of me because I kept encouraging them to do so. Some of them constantly texted me to see whether their script was relevant to the topic. They memorized the script while working, kept practicing, and sent me their voice note on WhatsApp to see if they made it. They always tell me if they pronounce every single word in order. They keep telling me if this is true or not. Even until we were on campus, they still told me to see their own if they had

already memorized the script and do they miss or not. I told them their lacks and tried to fix them, and yes, they listened to me even though it was hard for them. They asked me how I could be confident talking in front of people. How do I do? I told them that I practiced at home a lot, saw my face in a big mirror, and started talking. I pretend that a mirror is someone watching me, and I must go against my fear. They even asked me about their biggest fear of speaking. I advised them that if they wanted to be able to speak in front, they not only think about their grammar or vocabulary, but the most critical thing is CONFIDENT because, without that, you're nothing. It would only change something if you have perfect grammar but are still afraid.

It is just useless when you have something but you do not have confidence in yourself. I cannot show them what I felt. What I cannot do I am just all white lies. I know people are not the same, and I did not want them to be like me or the way I wanted them to be. I am not seeking validation to be a perfectionist student; I did not want my friend to feel under the weather. Friends in a class are not together by coincidence. We were destined to meet each other because I knew we could fill the emptiness. We're meant to be. With all due respect, as a friend, I am willing to help them. Freedom Writer Erin Gruwell said in the book, *"I never say something I cannot do. And I always will do more than I can say."* So do I.

I am not good enough to help them because I still realize my weaknesses, shortcomings, and things. It is painful for me if I cannot allow them to overcome their shyness, anxiety, and fears. People are not easy to change just by giving them motivation, but motivation might change their mindset and change the way they did bit by bit. Always trying my best to provide them with what I can give them, trying my best to give my best so they can see, trying my best to help them with everything I have just for their sake of them. I love them with all I am, and I may be good at speaking, but if I have no compassion and are not willing to lend a helping hand, I need to relook at my values. When someone has failed in their goal, do not push them down even harder. Giving encouragement and uttering good words to someone after failure is worth more than all the praise you can give after success. There are times when I find it hard to do, living through such troubled times, and a friend reaches out for someone to hold them for one moment. They become my own. How can I pretend that I did not know that they needed someone? What's going on? When they feel all alone every second or

hour, I believe that I will see the end of the hopelessness of giving up if I help them with sincerity.

"Your life, your choices. So, you decided either way."

I have witnessed the ups and downs of some students. It is heartbreaking for me to see my friends. People tend not to feel themselves and do not believe in their capability. I cannot deny the one that makes the speaking class hard is not them but their feelings. They can not fight their inner devil thoughts. My heart would sink if my friends told me they could not do it. My face would be like a wet weekend when they tried to overcome their inner thought and be willing to go in front. Still, they need help to finish their speech, but I am delighted to see their progress try to go, even though little progress is still progress. The lecturer always gave them the space and the time and pushed them to get over the feeling of fear in them. The lecture said, "*if you do not know, then when?*". But still, people are hard to push themselves. On the other hand, the students got to know their capabilities day by day. By keeping on doing it, they can manage to make it to each meeting.

It is a heritage of ancestors where Monday is the grayest day. After the day has passed in a week, Sunday makes the students anxious because they must prepare and memorize their script for the speaking class on Monday. On that day, we all are almost losing our smiles a bit because of the fear of speaking in class. Because the atmosphere is so tense, we thank the other students who make the class melt and a bit funny because of how they deliver their speeches; it is entertaining. It is so happy to see them laughing at that because it can make them forget their fears even just a second. Because of them, I always waited for the others to deliver their speech so that I could see the smile on their faces. It makes me happy if they can smile and eliminate a bit of burden and anxiety from stepping in front. According to Farhan Raja (2017), only some people we're meant to be public speakers; they were trained to be, but most people try to refrain from speaking or performing in front of people.

In the first week of the class, only a few students stepped in front to deliver their own speech, which can be counted. It is a free talk during the first week, sharing your story about whatever you want to share with others. Perhaps they are only shy to share their own story, which is understandable. We are still allowed

not to step on the ground in the first week. But the same thing still happened in the second week of the class. None of them wanted to be seen in front. However, week after week, the lecturer kept going even though his student still did not show any significant progress of them. He was never mad at us, nor did he force us to do, but he changed the way he teaches us over the week. He decided to keep his status quo to let the student go in front, but all the students must move. It is a must. So, it means all the students have to present their speech, unlike the previous meeting where only a few students came out.

My friend kept on trying on the other week. We're given so many themes of speech such as describing yourself in 3 words, education, transportation, socio-cultural, diversity, professionalism, weather forecast, technology, news reporter, poster presentation, 21st century, a topic from TED talk, role play, and many more. Every week they tried their best to give all out, but the fear in them was still there. I could still see how hard they tried to overcome by letting themselves step forward. Even during our lunchtime, they can not even eat their lunch in peace because being haunted by speaking class. After we ate our lunch, we had no time to sit back and relax; instead, we went outside my friend's house to memorize our script. We look like a bunch of people out of nowhere standing alone side by side in other people's houses while closing our eyes and holding a phone in our hand to memorize our script, talking with a wall or tree, and sitting on stairs. This topic may seem easy but for others are complex. As I said earlier, not all students can digest everything. With very different issues or themes, my friends struggled to find their script because they did not know how to make everything in order. According to Lucas (2011), Many people who converse easily in everyday situations become frightened at standing up before a group to make a speech.

Week after week, and comes at the end of our semester, this the moment I feel relieved because, even though they only showed a little progress, it is still progressing for me. They believe in themselves after so many weeks; even if they step in front for a while, it still makes me happy. Minor adjustments lead to massive transformation, and minor behavioral improvements change your life because behaviors compound, James Clear (2018). This book opens my eyes to the perspectives of little progress that is still progress. As a grown-up, I think every person should have a massive adjustment just to be considered progress or

improvement. But today, after reading the book and witnessing the whole situation happening around me, I smiled and looked at my friends, delightful and grateful to see every single soul trying to break out of the burden and anxiety, fear, and shyness that hold them back to not believe in themselves. Today they finally showed what they could do.

"Sooner or later, it doesn't matter. What does matter is you do, or you lose."

"Chances never come twice. If it does, you're lucky".

I know 35 students with different backgrounds, races, attitudes, and personalities, but we are still one. Local A2 is like my own universe where I can be with other people gathered in one room, sharing laughter of laughter, perspectives, insight from them, and point of view. I saw many faces with a smile, but their mind, soul, and body full of questions going through their mind, sweating, and stomach ache because of speaking class. Thinking is it natural or authentic, are they going to make it, does the course going to be so tense or funny? Am I going to get up? And so on. Helping each other who also struggled with speaking is the best thing ever in my life.

"What goes around, it eventually comes around."

I've still got a lot to learn. I barely understood but was not afraid, although I know there's so much to fear. There will be a miracle when we believe in ourselves. Every move that I take feels lost without no direction, but I have to try to keep my head held high. Every mountain always be there, but we have to make it move, it seems impossible, and we lose, but the real thing of learning is not how fast you go through or what's waiting for you on the other side. It is all about how you climb every mountain that you face. The struggle that we face never lets that drag us down. Dance with it, feel it, and you will get through without breaking into a piece. This moment will be going to remember most. Keep on going.

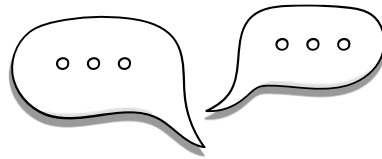
I am helping people without hoping for anything in return. Those who need a hand, give them a hand. Some people may not ask for that, but you, yourself, have to see it. When you know, you can help them, then help them with all you have. As a human being, helping people is the most inspiring and exhilarating thing because of the feeling of happiness when you see them. They can do they

show progress; you'll be the one that is proud of yourself because you helped people that were struggling with themselves. That is what my sister told me. She's why I took this major. She told me that I have something that not all people might do not have, which is confidence. She told me that if I took the major, I would have to help other people in my class, and it happened. I am inspired and hopeful every day. That is how I know things are going to change.

One thing I learned from my friends is that doing anything without thinking much can cause a damaging to yourself. If you keep falling, do not dare to give in; you will arise safe and sound, and you'll find what you need to prevail. Stop trying to push yourself too hard, but instead, give yourself a minute so you can get through, and never give up too quickly. No matter what circumstances are going, believe in a process. I do awe-amazed, inspired, and appreciated every single soul in my class. The struggle they're facing never knocks them down. With this writing, I dedicated myself to all my friends in Local A2. You all are unique, you guys made it, and you've been through a lot during this 3rd semester. Without them being around me and sticking with me, I could not have to because they showed me the meaning of trying. We all stand together this one time. Then no one will get left behind and stand up for life. Not to forget to thank Mr. Ramli from the bottom of my heart. You're beyond amazing and inspiring. You're behind all the scenes shaping us. Always remember teaching us, Sir. Thank You.

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The More You Speak, the More Confident You Are

Sarah Ibrahim

What do you think about watching TED talks or comparing yourself to skilled co-workers giving presentations? If you are difficult to speak, you are not alone. The most common fear in America is public speaking. Millions of people are more terrified of going up on stage and speaking in front of a crowd than they are of death. Furthermore, to succeed in this world, you must go through this experience. It may be a business presentation for your future career, a school speech, or a toast at your best friend's wedding. A fear of speaking grips you. But it doesn't have to. Not any longer.

"How did it all start?" (**Speak With No Fear**) Mike Acker

Like my life stories in the journey of my public speaking practices, it began when I first started attending this English class. I experienced a lot of advantages when the lecturer explained to us how to know effective and productive ways when speaking in public so that we have more confidence to move forward and convey our material. At the beginning of our class, we started with an "introduction to public speaking." This first material teaches us the correct structures in public speaking. Namely: how to improve our skills in public speaking, how to be more confident while standing in front of an audience, and the correct times when necessary to use



body gestures, facial expressions, and eye contact. Through this learning, we can see the potential within ourselves to go through every lesson that the lecturer will provide from every meeting we will undoubtedly attend.

However, we finally reached the fourth meeting the following day after this meeting. In this meeting, the lecturer asked us to come forward and present our topics using the materials that the lecturer had shared one week before the speaking class began. I am an introvert who quickly gets scared when I need to start a conversation in front of the public. I am nervous I will speak about the topic carelessly when I stand in front of people. Still, my lecturer gave us some lessons, particularly improving speaking in public, so we do not have to be scared and look bolder when speaking. But more than that, my original nature still needs more confidence in speaking in front of the public. When I have to stand in front of an audience, I feel anxious and overthink, which makes me lose control when I start to speak. However, after contributing to this English class, I was taught many skills that I could use to improve my public speaking. I was also taught how to be brave and confident when speaking in front of an audience—conquering my trepidation when I want to start the topic of conversation, which I will present to all my classmates.

Afterward, I began boldly going forward when the lecturer assigned me to deliver my speech. In the beginning, I felt unsure because I was afraid if I stood in front, I would make many mistakes, especially in the use of grammatical. With great determination, I bravely speak in front of my classmates. In addition, I also already practiced speaking before joining the class. I did some exercises, not only on campus but also at home. I also began practicing my public speaking with some research on google and YouTube with tips on how to be more confident when speaking in public. I found one video on YouTube where the channel told me a lot about overcoming my fear and lack of confidence while standing in front of people. That was a good video that helped me improve my confidence and conquer my fear of standing in front of an audience.

The video taught me three simple steps to becoming more confident when speaking in public. The performance is always being prepared. We were competent in attracting an audience by being mild and focusing on the text when speaking in front of an audience. So, they are interested in hearing your speeches. Lastly, provide supporting evidence for the topic that you will present. If we want

to be good at speaking in public, we should know our subject thoroughly to ensure that we are ready to give our topic in front of the audience. This way, the audience will undoubtedly like our presentation and be interested to hear them.

"My dreamed of being a good public speaker."

(I am always ready to learn, although I do not always like being taught.)

Rik Carl D'Amato

Becoming an excellent public speaker is also one of my dreams because I know I will talk to many people daily. Therefore, I hone my skills through assignments given by the lecturer during the courses. For the sake of facing the fear of public speaking, I do not want to leave this class and miss the material taught in the course. If I have something important to do that I can not avoid, I will miss the class, but with an attempt, I only passed the class once.

"What was my experience when hearing or witnessing people speak in front of the public" **(Justified Confidence) Howard Burton**

An experience I got with participating in this class is that I got a big chance for my classmates to hear and witness my vocabulary when I delivered my speech. Consequently, I keep these self-reflections in my thoughts, "you can do it, Sarah, you're confident, but you're just not mastering your material" and "do not give up easily; it is okay if you have a little mistake in your pronunciation or grammar," "Remember nobody judges us, just those who feel negative thoughts within themselves." This English course has changed me a lot to become a better myself. Also, because of this course, I can sharpen and improve my vocabulary, especially in English.

Even though sometimes I am still stiff when speaking in front of people, with effort, I am sure that I'll be fine when stepping forward to overcome my fear, nervousness, and hesitations. I prepared my speeches in my way, to the best of my ability. So, whenever it is my turn to be called by the lecturer, I feel less worried because the key to being confident while speaking in front of the audience is to be well-prepared. This means that before we step forward, we already know the best way to hook our audience so they enjoy our speech without feeling bored after we start talking. Some of my friends also dare to move forward without needing directions, and others want to but still feel nervous. I learned from it that everyone has their uniqueness in delivering their speeches. In

addition, when my classmates stood in front, we were almost in the same situation. We are all trying to control our breathing and avoid making exaggerated body gestures and inappropriate facial expressions to convey our main points and objectives to the lecturers and the other students.

"The topic in each meeting"

(Public Speaking Drafting, Practicing, presenting) _Dian Rahma Santoso

In each meeting, we are provided with new materials: Describe Yourself in Three Words, Weather, Diversity, Education, Technology, Socio-Cultural, Professionalism, Midterm (YT. Ted Talks), Ted Talks (There's more to life than being happy), Poster Presentation, News Reporter, and Roleplay. But the material that piqued my interest the most was where we were instructed to write a short script for group drama (Roleplay). When the drama is played, each group member plays a different role. According to our position, we are also advised to master the script that the leader of our group members has prepared.

The drama is intended to boost our confidence when speaking in front of the public. Our group's theater, "*what you see ahead*," talks about six friends discussing the future. Still, three friends have differing views on the topic of conversation. Giving advice, advising them to think more maturely so they will not regret it. However, all the materials my lecturers provided significantly improved our public speaking skills. The various materials also contribute to our understanding. Because of the uniqueness of my friends, who were creative in delivering their presentations, the discussions on these materials were fascinating. Even though the lecturer's material for each meeting was different, we could finish it with sincerity and effort.

"What is my friends' reaction" & "what feedback did I get?"

Before the midterm exams, our lecturer gave us a warm-up to discuss the topics we had each prepared. The introduction is divided into five groups, each consisting of five members. The aim is to see how deep the mastery of our respective material is. We also started in separate groups to show our topic in front of other friends. Friends appeared confident and prepared when speaking, while other friends were asked to provide feedback to friends presenting their

material at the time. We also had paper and pens to give feedback to our group members.

This feedback is not harmful; on the contrary, it measures how inventive and influential we are at presenting our themes to develop our public speaking abilities. At that time, I also received feedback from friends. My friend Jhur said that I have been doing very well. Overall, I sometimes utilize too much body language in appropriate situations. My friend Melisa commented that I spoke too quickly, as if I were in a hurry. Finally, the feedback I got from my friend Satria stated the same thing as Jhur, where I only have to use body language in specific parts and still look stiff and haven't mastered my material, so I often look at the text. Based on the feedback I received from my group members, the most important thing I need to work on when speaking in public is controlling my body language. The reactions and feedback from this group of friends are significant for understanding my speaking weaknesses and strengths to improve what needs to be fixed and what is still being implemented.

"What did I take it as an effort of improvement?"

To improve, I will do more exercises related to public speaking to broaden my horizons and develop my speaking skills in public. First, I will start from the simple, where I will build my vocabulary. In addition, I will improve my pronunciation by correcting it if I have spelled it wrong. Then I will do a lot of research to find valuable sources to improve my public speaking so that I, as an introvert, dare to continue appearing in public and start conversations without fear or uncertainty.



Finally, to gain more knowledge in public speaking, I will practice being brave in giving my opinion and responses, when necessary, when in public. The goal of all of this is to use public speaking as an opportunity to improve in the future. However, I need to improve when speaking in public. I need help to start the topic of conversation. Instead, I will take deep breaths and start thinking clearly to stay calm when speaking in public. Because speaking in front of an audience is the most frightening thing for many people. According to researchers, 70% of the population fears public speaking. In a study by Texas Christian University, 48

women and 48 men enrolled in general speaking classes, and those with high anxiety experienced the most physical symptoms of distress when it came to public speaking. We should not be afraid because, with adequate preparation, we can go through public speaking without discomfort or fear. After all, humans will never avoid the topic of conversation.

"What did I learn from the class (classroom management, collaboration, friends' support, and your performance from meeting to meeting?)"

I learned many things from the meetings I attended in this speaking class. Apart from gaining new knowledge about public speaking, I also learned many good things, namely class management, collaboration, and peer support. Classroom management here also carries a meaning in which I can organize myself to work effectively and efficiently with my classmates to solve the challenges the lecturer gives. Besides that, I can also meet relaxed and cheerful friends in this speaking class, where collaboration between groups is also satisfying because my friends show good collaboration traits and impress me.

Even though our classmates' collaboration varies from meeting to meeting, I can hear input and opinions from my friends here, and my knowledge grows as a result. And during my appearance in support of the subject of this speaking course, I received encouragement from my classmates. After the previous meeting, my classmates frequently reminded me of the material that would be studied the following week. As for where we have to learn material diligently to master it, we have also entered the library room several times to review it because a quiet and comfortable library room could make us concentrate more on studying our material well. From these class meetings, my public speaking performance increased because the material I received from the lecturer was essential, and my response also had a high impact. This proves I can effectively understand and process each activity in this speaking class.

"How did I see myself after attending the class? What will I do in future journeys to grow my competent communication or apply my public speaking ability?"

**(How to Speak Confidence in Public) _Edie Lush & Charlotte
McDougall**

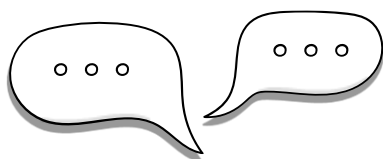
After attending this speaking class, I learned many things. I found that, among

other things, I can understand the proper speaking techniques in public. I also learned how to control my speech and listen when presenting my topic in front of my friends. In public speaking, the most important thing is how we give our material to attract the audience's interest in listening to the material we present. Plus, I learned how to use body language and eye contact in the right situations—at the same time, participating in this speaking class to develop public speaking competence in the next journey. I will apply the tips that I have learned from this class. Apart from using them, I will study and broaden my knowledge. What I have gained from this speaking class helps hone my public speaking skills.



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Learn to Fight Fear within Yourself

Stefani Rosa

Is there an increase in my progress at each class meeting? Why do I need to reflect on myself? What can I do? in the future speaking. Please read this writing to the end, and happy reading. According to Ladouse (in Nunan, 1991: 23), speaking is something activity to describe someone in a particular situation or activity to report something. Meanwhile, according to Tarigan (1990:8), "Speaking is the way of communicating that affects our daily lives." This problem means speaking is a way of communicating that can influence someone's life. Speaking is one of the skills in English. In contrast, there are several components besides speaking, reading, listening, and writing in learning English. And now we discuss one of them is speaking. Speaking is something that we often do in our daily lives speaking is usually divided into two, namely speaking formal and non-formal. These two depend on what the situation is and what the conditions are. We think speaking is easy because we have to talk. Still, we can not say it is accessible in English because we have to put the intonation in one word. The intonation must be pressed right; there's also the pronunciation that others must catch or hear clearly.



In speaking, it is easy because we need to talk. Still, in English, we can not say it is easy because we have to put the intonation in one word, and the intonation has to be pressed correctly. There is also an existing pronunciation to catch or hear clearly by others. In speaking, we must have heard people say "Public

Speaking" now that we talk in public or front of many people. And in public speaking, there is a lot that we have to practice, namely body language, eye contact, expression, and much more, so in this speaking, class learning public speaking is good because it already includes how to be an excellent public speaker.

And in the first speaking class in semester three, I studied speaking, which is public speaking, and to practice public speaking, we learned about three words to describe myself. In class, especially for myself, I still feel afraid to speak and, of course, very nervous when I stand or speak in front of people. I am worried that something has gone wrong because, in the first class, we were told to come one by one. At that time, I wanted to go ahead, but it should not be challenging, and I sat on my chair whether I should go. The second meeting discussed the weather forecast and what season I liked the most until the meeting discussed education. I am still determining what session I forgot. It was the meeting where for the first time, I dared to come forward and talk about education; after I finished talking about education, my lecturer gave comments about my speech which he said was quite good; it just needed to be improved and too many hand movements which were not required in my speaking earlier. When I talk in front of other friends, I feel nervous, but I try to calm down, and when I start to feel calm, I talk a lot. In class, we support and help each other so we can all be together until, slowly, someone starts to deliver speaking.

"He who has overcome his fears will truly be free"

Aristoteles -

Fear will always be there and always come at any time; even though we do not want it to come, it will always stick within us. When I feel nervous, fear hits me, and I will find it difficult to control my breath. Evil thoughts keep coming to my mind, and I experience cold sweat. But if it continues like this, there will be no change even though I want a difference in my speaking; therefore, I remember what Aristotle said, who has overcome his fear of being free, and I try to make it happen. When it happens, I feel free, and there is joy in my heart.

In every speaking class meeting, there is always a feeling of nervousness within each one because they are afraid of what will happen, for example when speaking in front of people or classmates, suddenly they forget what is at the

party, sometimes something doesn't go according to the script. Which has already been made, and for this, it often happens to me. Before the speaking class starts, I usually make a script about the material I will discuss in class or a meeting when I advance later. The lecturer has already prepared this material, so we only prepare what we will persuade in a course. For this reason, many of us always make preparations beforehand, but that doesn't lessen our nervousness when speaking.

This speaking class helps us in our speaking progress. This allows us to challenge ourselves to be able to speak in public. Yes, if to talk every day, what else can we do when we are with friends? Our family can tell it, but in Indonesian, it is different from this because we have to be able to talk in English, which is a new thing for us. We often speak English, but sometimes when we listen to songs in English, we will automatically follow the language of the music we hear. My lecturer always helps us to practice our public speaking as often as possible. He always gives good comments to improve our public speaking because when we proceed to the next semester, we are used to speaking, especially for English education majors. Of course, you have to be able to master public speaking.

For myself, speaking class is indeed a class that I have to master appropriately because it will be one thing that I need in my lecture process. What's more, I like to speak Indonesian instead of English because I can not, and I am afraid to say the wrong word, which will interfere with the meaning later. I also sometimes feel inferior when I see my friends speak fluently in the language, especially in English. At the speaking class meeting a few weeks after I had started active lectures, I convinced myself that this week I had to come to the front of the class to show my speaking progress. Still, in the end, I did not progress because I was afraid of what would happen when I spoke in public, even though it was only in front of my friends. There was too much that I was fearful of when I entered the speaking class, even though this class was fun because That is where we can hear various opinions that come from other people's thoughts. Of course, all person's thoughts are different, right? We must focus on more than just our minds or one or two, or it could be three people. We need opinions that other people give about something, where there are opinions that agree about something, and there are also those that conflict.

In the development of my speaking, I experienced a gradual change in speaking because at every meeting, there would be feedback from the speaking

we had done, and my lecturer and my friends gave it. When they gave feedback there, I did an evaluation. What about my speaking when my lecturer called my name to show my speaking ability? It was the first time I came forward. There I felt brave, and the material discussed lightly was about education. When I showed it in speaking class for the first time, I thought I could because I knew my lecturer called upon my fabric to come forward. It was the first time I could do it, and it went smoothly, but when I approached the contents of the conversation, I started to go blank, and I started to get nervous. But I continued to finish when I finished; everyone appreciated my speech. I also showed appreciation for myself because I was brave for the first time. Even though I stopped in the middle of the road, it was okay.

"Nothing will work unless you do" -**Maya Angelou**

Just as Maya Angelou said, "Nothing will work unless you do." I believe what Maya Angelou said because if I do not try, I will not be able to. If I do not do it, I will not get results that can help me reach my goals because I will later receive the results. Work without doing is nothing, you are the master of your reality, and nothing results without your effort (Rachel Asleson, LinkedIn.com). After a few weeks after I advanced for the first time, I did not grow anymore. I want to know why it is because I always procrastinate if I want to grow, even though I have prepared what I will talk about when I advance later. I improve my skills or practice speaking at home by listening to music. Sometimes I open YouTube and look for ted talks to listen to the speech. Various kinds of videos can help me practice my speaking.

Coming to the eighth meeting was midterm assessment week. My lecturer gave us in-class instructions for preparing our speeches by looking for the video we would present later. So, from that, in class, we looked for speeches and made a list of them one by one, and for the performance system later, my lecturer said it would be recorded one by one in class. For those who come first, their names will be called individually and then recorded using the camera prepared by my lecturer. The only ones in the class were the cameraman, my lecturer, and us, whose names will be called later. When my lecturer gave us these instructions, I did not understand them at first, so I asked my classmates. When I understood, I immediately looked for some references. Finally, I got material from youtube

on ted talk with the title how to be calm when you feel you are under stress.

And you want to know what happened. after I studied my speaking material by making notes on my cellphone and then trying to memorize them. When I wanted to learn it, I remembered my lecturer's words, do not memorize it because it is better than if you understand it, then you can do it yourself later. I tried to read the material repeatedly until I understood it. When it was my turn to be called to do the UTS, I felt a little nervous, even though I had already studied the material I would learn. As usual, I was initially shy but still able to start well. I tried to follow the script I had made. Yes, at first, I was fluent, but as I was nearing the end, suddenly, as usual, I spoke up. My script, indeed, I spontaneously spoke directly.

At that time, I did not know why it was like that, why did I get out of the script that I had made, but what I remember is what I should not have about my material. I immediately took it out, so the writing I had made earlier became a little forgotten. I am a person whose focus is easily distracted by anything, or when I see something, it can break my focus, so when I did the midterm assessment yesterday, there was an error, namely, my focus was lost, and that made me forget what I was going to say, even though I understood the material, I needed to be able to memorize the material, that is, when my focus was lost, I became silent, did not say or say anything for a few moments. This is not one or two times I was quiet during yesterday's assessment; if I counted, there were two to three times I was silent for a few moments. I tried to stay calm even though the time given to me was running out. I still tried to be clear and continued until it was finished. This is the picture when I show it in the mid-term test.



After the midterm assessment, I evaluated what was lacking and what I had to improve in my speaking. After a few weeks of speaking class meetings, I got things that had changed. I became calmer, not too nervous when facing the fear within myself, be more, yeah, a little brave; even though sometimes the intention to move forward their doubts, it is not a problem. I have become more courageous in expressing what I want to say. In terms of speaking, there used to

be no feeling. I am so confident now that it is less and less over time.

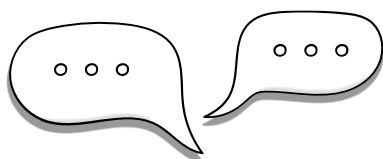
"Take risks now and do something bold. You will not regret it " -**Elon Musk**

In this case, I see myself trying to get out of my comfort zone, not caring about what is happening around me. All of this happened because I do not mind if I fail even though when we forget, it means we need to change so we do not make the same mistake twice, or maybe we do not want to take risks because we are afraid. But what makes me fearful of it, or are we afraid of failure? Worried? or what other things that want to make us not want to get out of your comfort zone?

Iren Tan said in an article that she prefers to test herself because if she doesn't try, she will never know, which will be her biggest regret. I believe what Iren tan said because if I do not get out of my comfort zone, there will surely be regrets later I will; get in other words, if I do not take risks and do not dare to take action now in my life, all I get is a regret.

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The Little Big Memory

Muhd Rizal

Welcome to my journey. In this book, I will tell you *about my public speaking journey*. First, thank you to Mr. Ramli, our lecturer in this course. Public speaking is critical to my English course because speaking is the main topic of this lesson. So here, I will share my first speech until the last course in this class. It all started when the first class started with Mr. Ramli. My first impression of this lecturer was that I felt a little tense because he taught seriously and made me think.

"Wow, this lecturer is a bit scary, his aura is also very serious, and I better not do anything weird."

The first assignment given by this lecturer was to talk about the weather, and this is where it all started. At that time, I felt troubled because speaking in front of many people was embarrassing. In the end, I kept trying and collected material I could convey in front of the class. The first day arrived when I was going to speak in front of the course and show off my friends. I felt embarrassed, and my mouth could not get the words out even though I had practiced and prepared all the material perfectly. All eyes were on me when I stepped forward in front of the class. Then I should not "this is how it feels to speak in front of a crowd." but I also felt relieved because I was not the only one who felt this way. Seeing my friends who try to speak in front of the class, it turns out they think the same way; they feel embarrassed. They also seem to have difficulty speaking. From that moment on, I started to believe that "it turns out that it is not only me who is having trouble in this class but also my friends", And that was my first day in

public speaking class, so many things happened at that time like seeing friends who felt what I felt, some friends were great at speaking, some spoke like a comedian speaker to make the class laugh, and some talk like entertainers where they can invite the audience to participate in their material. I felt a little surprised, and on the one hand, I also felt happy because I could learn how to speak in front of a crowd which was not easy, it took strong will and determination to be able to get ahead in front of a group.

"If you can not stand the tiredness of studying, then you must be prepared for the pain of stupidity."

Finally, I looked for a motivator to motivate me in speaking, especially in a crowd. I found someone who could inspire me, namely Dale Carnegie. he encouraged me, according to a book, the art of public speaking, "*Public speaking is the next skill I will master.*" those words made me think that I had to be ready to feel tired of studying or I would feel the bitterness of stupidity, I began to practice speaking in crowds. I began to understand the meaning of public speaking, which is where we must be able to master the stage first, such as inviting the audience to interact or give a joke.

Starting from that time, I began to get used to it. I started to see how my friends spoke in front of me so that I could also learn from them, such as the words I had just heard, how their hands moved, and how they controlled the stage and the audience. Until the time came for me to talk about motivational material, and this is where I found out how I mastered the set, where I used the method of asking questions to the audience and giving jokes. My speaking was called entertainment. the speaking class also gave me many critical moments that I might not forget; like before the speaking class started, my friends and I would practice first at my house, and that gave me exciting moments because we could joke together, cook together, eating together, and practicing together before the speaking class starts, it also offers a crowd at home, I feel they are like my own family.

Sometimes unexpected things also happen in speaking class, such as forgetting material, which makes me have to rack my brain to continue chatting. Some decide to stop talking, but that doesn't make me give up; instead, it makes me even more challenged to keep trying, and this is where the location of the

problem that I experienced in this class was the intention to get in front of the audience. I found it very difficult to speak even though it was only in front of my classmates. I also do not know why this happened, and it bothered me in studying in this class.

Funny things also happened in this class during the poster material. My material was "best foods for eye health"; we made posters at my house. It took quite a long time, but bad things happened to my friend when the poster he had made fell when he brought it to campus, and in the end, he decided not to enter the class. We also took a group photo as a keepsake to remember the moment. We uploaded it to our class's Instagram because it is the most exciting material I have experienced.

"You will never win if you never begin."

A speaking class was also scheduled online where the material was random based on the papers drawn, so we had to take one of the pieces of paper that we did not know what was in it, which contained the title of the material that we would present in the form of a video. This material is inspiring. We also made videos at my house with my friends. Some made videos in the room, some made videos outside the house, and after the video was finished, we were asked to collect them on Instagram. If we felt dissatisfied with the video results, they even repeated making videos many times. Time went by quickly; it felt like the mid-test had yet to arrive, and the material we will discuss is from YouTube called Ted Talks. We have to describe what the speaker said in the video on the ted talks youtube channel. It is not that difficult because you need to hear, understand, then explain. But when the mid-test started, this material was more difficult than others.

The difference between learning English between high school and college is felt the difference, that learning English is not just "yes, no" but we also have to understand what public speaking means, how it feels about talking in front of people, and what to do when speaking in a public show of the class. That is where another motivation emerged, which changed my mindset because when I looked for material on YouTube, there was a video that made me think about keeping trying. That motivation was from Helen Rowland "*you will never win if you never begin.*" And according to the book *Rise and Salute the Sun: The Writings of Suzy*

Kassem "When a moral man speaks, listen. But when immoral men speak, toss away their words like bad fruit. Truth will never shine from a heart filled with corruption and lies." those are the words spoken by Helen in one of the videos on Youtube Ted talks and Suzy Kassem on their book, it was at that moment that I changed my mindset that we will not be able to achieve our goals if we do not pursue them ourselves.

Yes, we are entering the final part of my story, our last material. However, I know that not all of my material is conveyed in this book, and our previous material is drama. Yups, we were asked to form groups of 6 people, and after that, we looked for acting on the internet to learn and try to practice it in the next class. This material is inspiring or the most exciting material among the others because we have to practice a lot, such as deep acting, pronunciation, and readiness properties. This is my group and me, and we are bringing a drama called "friendship in high school." Our theater is the best, and I like it even though other groups are more than us, like their complete props are good and so on. But still, I like my group because it's different from us, where we only practiced for a day while the others rehearsed the week before drama class started.

That is the daily life of my speaking class with my friends, *"nothing is an instant achievement. Everything needs effort"* maybe That is what I can learn from the story of this class's journey. Having lots of friends is also one of the results of this class. I am also grateful because I have very good and fun friends, which is one reason why I like to be in this very cool class. I can laugh, learn, tell stories, and do many things with my friends here.

Thanks to my friends, who managed to break my expectations of college. At first, should college not would be challenging to





make friends? You, indeed, have to be clever or rich to make friends. But not for English majors, especially local A2, and I can not give any more words to you guys; you are the best, and I can only thank you all, keep being my good and fun friends. "*We go in together; we also have to go out together.*" This may be the last part of this story. It feels like 18 class meetings go slower. I entered this class, and today is the last day of this class. It feels sad to leave this exciting class, but we must continue our journey to the next lesson. I also want to thank Mr. Ramli for introducing this class to us. So far, your type is the best. I learned many important things here. I knew that speaking not only capitalizes on talking, but speaking must prepare carefully what will be discussed. It takes firm intention and determination to be able to advance in front of many people, and that is the crucial thing in speaking. Once again, thank Mr. Ramli because if it were not for him, we would never know all that, and we would never know the true meaning of speaking.

"Here we are with our favorite lecture."

Here I will convey my hopes to Mr. Ramli and the junior students taking the speaking class. My hopes for you, in general, are that you keep being Mr. Ramli who we usually know, continue to teach the students as you have instructed us before, and for the following students who will choose Mr. Ramli's class, I hope you will not disappoint yourself, keep the learning enthusiasm in this class and do your best because if we can do it, you can do it. I only want the best for you, my friends, my lecturers, and all of them. Let's fight together in this lecture and achieve our goals because everyone has their own goals.

The conclusion was that, from the first to the last session, no meetings were meaningless to me. I got so many benefits from start to finish that even in online sessions, I got significant benefits. I also feel happy because I can be taught by a lecturer who teaches like this because we get lessons and are taught to be disciplined and diligent by doing every task given. Occasionally, we have fun in class, such as taking photos together, joking, and learning while playing. But learning also entails taking some time to be serious because playing too much will

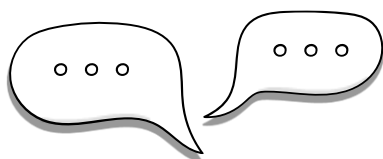
prevent us from understanding the lecturer's topic and will likely disrupt other classes due to the noise it creates. Having classmates also made my lectures more interesting since it was with them that I suffered in this public speaking class, and it was with them that I was able to learn from not knowing to know. They also care about me and want to assist me if I struggle with public speaking. That is the story of my public speaking class, where everything ranges from struggle to excitement. I am also very grateful for having chosen this class; everything in this class will benefit me in the future, from the lessons to the experiences I will never forget. I will even hone my interests in the future. Remember, according to the book *Sister Outsider: Essays and Speeches*, "Your silence will not protect you."

Thank you for reading this story to the end. Here we are, students who are like family, and we must continue our journey to the next stage. How long will it be? I will never forget this story, and it will be a memory for the next generation, allow me to say Good Luck, keep up the spirit, and take care of your health. I am M. Rizal, thank you very much.

"You are the best, and I will never forget you."

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The Last but Not the End

Rahyan Rahmadani

Public speaking is more likely a presentation, where many people live watching you in front of the class. This public speaking is suitable for all people because they will listen to what you deliver during your speeches. This also aims to influence other people and entertain people with your address. According to Gunandi (1998), public speaking is a type of verbal communication in which many individuals communicate about the same object or subject. The goal is to persuade specific individuals in a particular location and influence, change their perspectives, educate, instruct, and deliver knowledge to them. Speaking class benefits us, especially if you're a student because someday you will use this aspect in your life when you look for a job or to be something people are looking for. Public speaking aims to provide motivation or give motivation. According to Endahati (2014), students' speaking skills could be much better. Students' poor speaking proficiency levels can be attributed to internal and environmental influences. The external elements that impede speaking abilities and the surrounding environment are the media, methods, and tactics used to teach language to students. Students' ability to comprehend through oral performance may be hindered by internal qualities such as self-confidence, motivation, concentration, and curiosity.



Speaking class is a good thing for us because it improves our speaking skills,

it boosts our confidence to speak in front of a crowd someday. As a University of Borneo Tarakan student, this is my challenge as an English student because we have to speak in English throughout the day. All the themes of speaking are already given by our lecturer Mr, Ramli, and we have to prepare our script. I took this major because should not I am good at speaking, so I am trying to enroll in this major. I just found out that this speaking class would be like this. Public speaking will be more fun with learning, but the whole situation drove me crazy. I only knew that speaking is a place where we learn the basics, but it is like the real test for us or become public speakers. I was not prepared to do this kind of thing because public speaking was so hard for me, and I did not know what to do. But day after day, I can get through this public speaking class, even with my little progress. I hope to tell you everything I've been through in my third semester.

Students would benefit from developing public speaking abilities since they would be able to brush up on academic development, personal and social interaction, and, most crucially, job rewards. Learners will gain confidence in their ability to persuade others of their thoughts and opinions more successfully via practice in public speaking (Yee, 2014). Public speaking for some people, including me, is a scary thing. Sometimes the fear appears suddenly and is very difficult to control. Public speaking is new to me because I previously needed to practice my speaking skills. This is what makes it so difficult for me in this lesson. On the first day of learning public speaking, I was terrified and not confident in my abilities after seeing the performances of some of my friends, even though some had the same skills as me. Starting something new for the first time was very hard for me, but if I did not do it, I always thought doing it was to build up my confidence and get rid of my shyness.

Another thing that hindered me in public speaking lessons was the demands I made for myself. I wanted to look like my friend, who was fluent when presenting a topic and had a lot of negative thoughts before I appeared. Building confidence is more challenging than it should be. It took me several days to prepare the courage to emerge. Appearing in front of my classmates alone is progress for me. Even though I am still not fluent, my friends respond well to it. Many of us sometimes do things to get rid of our nervousness, for example, moving our hands repeatedly, moving forward and backward, and even saying

the sound "hmmm" for too long. Sometimes it is hilarious.

My lecturer always told us to go in front, but I still did not want because I was afraid and shy to do it. I am still trying to figure out what to do with my speaking class. I can not manage to go to the end. I wanted to give up, but I did not want to disappoint my parents because I was the first child. I have to do it no matter what. I will try my best to go in front and deliver my speech. I know that in the class full of people, some of them are also like me who still have a lack of vocabulary in speaking, lack of pronunciation, I did not know how to pronounce every single word correctly, but because of them as my reflection that they do not give up quickly, so I will have to do the same thing. This is the place where I have to overcome my obstacle. *"do not give too easily. We have to get through!"* During speaking class, I barely spoke because our lecturer wanted to avoid being appointed to deliver my speech in front of my friends, so I was always quiet. It all starts with so the emotions that go through my mind. I was feeling blue and sweating. I did not know what I had to do. I was afraid, shy, and anxious. My legs were shaking. I feel the burden, and the atmosphere is so tense and peaceful. None of us were staring at each other. All we did was all eyes on the lecturer. I am afraid of being wrong and being blamed. I am scared to be judged by my other fellow local mates.

I could not speak English if my friends watched me because of my shyness, fear, and anxiety. During our first meeting in this speaking class, we were free to talk where; we have to describe ourselves in 3 words. I saw some of my friends were good at speaking. I was so gasped because of how good they were. I have so many questions on my mind about this class, I wanted to try to go out, but my legs were frozen I did not want to move. Therefore, I just sat on my chair, seeing some of my friends describing themselves are fantastic. I hope that I can be like them. I was curious to know if I was supposed to go. Nicely thank God our lecturer is not forcing us to do it, but instead, he told us that if we did not do any movement, it would be hard for him to know what and how to shape us. But still, some of us did not do it. We can eliminate our anxiety, shyness, and fear in ourselves. Fast forward to the third meeting. The topic of the speaking class that day was Diversity. I am preparing my script. I searched on the internet, such as Google and Youtube, and found many references for my writing. So, I memorized at home until we were on campus. Our lecturer selected them

individually until my name was called. In front of the class, I did not know what to do, I did not know how to start, I was blank, and my mind was lost. I could not speak even just a bit because I felt afraid after being watched by my friends. I was embarrassed by myself because I could not do it. But I did not want to give up. I will always want to do my best.

After this class ended, I tried to figure out what had happened. It haunted me because of how bad I am as a student. I lack confidence and fear speaking, perhaps because of the feeling that makes me unable to do it. I was also afraid if I did a terrible performance, my friends would laugh at me, but all I did was, ignore if there were any of my friends laughing at me. I said to myself that no matter what happened, I had to. I watched a lot on Youtube about how to be brave and build confidence. One of my inspirations is when I saw a man the same age as I can do things, so do I, even though I am very far from his capability, but who knows, practice makes it better, as my lecturer said during the class. I also have to change my mindset that if some of my friends cannot do it, but they try their best, so do I. I also wanted to be like them. I always practice at home, trying and always trying without thinking about what time, just because I want to give the best of me. If I did not do this kind of thing, I would never get a good score on my speaking. That is also why I want to keep practicing over and over again without feeling bored and tired. Everything that I do, I do for myself because if I can make it, I am the one that is going to feel happy aftermath. No reason can hold me onto to not to do what I am supposed to do.

"Never measure the height of a mountain until you reach the top. Then you will see how low it was." – **Dag Hammarsk Gold.**

Week after week, I have been through a lot. I have passed the free talk in describing ourselves in 3 words: weather, Diversity, Education, and finally, technology. At this time, I prepared everything. In this case, I talk about the technology in agriculture and the differences in technology used in both countries, Indonesia and Japan. I was starting to be able to speak in front of my friends. It is because I was still thinking and had to get used to all this. I am happy enough because I finally delivered my speech, even though just a bit, but I can show it to the others. Because of the practice, I am proud of myself even though I still got stuck.

Mid-test has started. Our lecturer told us to choose one of the topics on Youtube provided by TedTalks. This was the hardest thing for me because we have an event for our new students. We celebrated the new students chosen to enroll in the faculty of Teacher Learning. This event was held for two days straight, and we got a text from our lecturer to select any topic for Ted Talks. The hardest part was we all were so hectic organizing the event because we are the committee. We got a bit of time to find because the deadline is also due that day, and we all are panicking about preparing our script. And the most insane was the mid-test the day after the event closed. We had no time to relax at home, but instead, we returned after the night event and prepared our script. But I thank Allah I can do my mid-test for speaking. The test was called one by one and recorded for at least three until five minutes. I only got 2 minutes during my speaking test, but I am still happy. Besides the busy things that happened, I can manage everything in order.

After the mid-test, we did some activities on a beach. We did some grilling. My friends said this was for healing after the most complex subject for the test finally passed. We gather at Amal beach with my other classmates. We laugh like there's no more day, like speaking class will never come. But in reality, we do not even have any holiday after the mid-test, haha. We grill meat and drink. It feels like the burden of speaking class finally flew away because of this. I was so happy even just after a day. We could celebrate. As far as I know, we are pretty solid, I was delighted because of this and crazy at the same time, but I could not believe that we finally made it this far.

After our activities, we got back to normal. We have to do the speaking class as usual. For some moments, I just wanted to escape from this class. This speaking class is on Monday. After some types, we had lunchtime, and I went to my friend's house to eat and memorize my script. There, we ate our lunch like the rent was due so quickly. We wanted to save time because, after lunchtime, the speaking class would be right away. I used this time to prepare some time, memorize my script, and do everything I could during this time. This felt like a golden time for use. Me and the boys going here, we properly use this time. Even though we still feel nervous, after everything we are like, we can face and make it through to the end. I like this situation because I finally take my education seriously; I learn so much.

Minutes turn to hours, and my favorite moment during my speaking class was the day we had to do a role play for drama. We decide on our script and our genre. I like this the most because I can handle searching on any platform. We divided into four groups with very different kinds of drama that we presented. Our theater is about a friendship that finally reunited at the same university. I saw the other group's drama, and we all laughed. I felt fantastic with the other group members because they delivered the action. It felt like they are one with the drama. I feel like I am on television. The other groups did their best in acting. I like watching them. It is so funny and happy. We also did not feel the pressure anymore during the last meeting of our speaking class.

And finally, it is the season of the final test. I cannot make it to the end. Even when I want to give up, I thank Allah and my parents, who always support me. Remember my other friends that gave me motivation until these days. Without them, I could not make it. I was so happy because I could finally eliminate my shyness, fear, and anxiety throughout the third sem. I always remember that; this is what I want, and I must do it. I did not want to have waited just like that. Life is complicated, but if we can put the puzzle in order, we will never get away from this kind of thing. *"You do not always need to understand your journey in life. You need to trust that you're going in the right direction."* The public speaking class taught me everything, from zero, not hero, but at least I can make it. I want to thank the lecturer Mr, Ramli because you're why I believe in myself. The word of encouragement you gave us every day opened our eyes to the fact that if we did not try to make it, we would never know. One word that I still remember from him is, "practice makes better, not perfect" I agree with this because practice makes us better, even if not perfect. At least we still have some progress in our life.

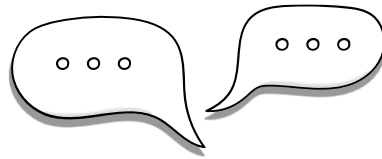
I was happy to be in this class because we got to share everything, from laughing together to being in silence with sync. I got lovely friends, and I am grateful for all I am. Thank you for everything. I know my writing is far from the meaning of perfect, but I make this with my heart. I still have nothing, but I am trying to overcome everything from what I know I will learn to the end of my life. In this life, I always get bored quickly, especially when I want to learn something new that impacts our lives. Do not you ever underestimate yourself? If you can fight your own emotions. I have learned everything from other people

around me as I get older. It is making me want to do, make me want to move, and make me want to take everything if I get the opportunity. This moment will never come back to us. It is all up to us if we want to take it or not, the option will always fly away, and we are the ones that will get wasted with all the things.

I hope someday I will be the better person that I am today. Because I still have to learn so much. Suppose I did not realize the meaning of education in my life. No matter what the situation holds us, never break up into peace instead of trying your best to cover everything. I will never forget that I studied, not only for myself but also for my parents, that gave me everything. With public speaking class, I am so grateful to make it to the end finally. Those troubled times might pass away, but memory doesn't, and all the marks will leave on me with such a beautiful meaning. Live the best of your life, and enjoy every moment you face. If we do not do it, we will never grow. *Once again, thank you for everything during the speaking class of 2022.*

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Experiences and the Unfinished Journey

Muh Habib

Speech, or utterance, is a form of human oral communication based on a combination of lexicon syntax and names taken from many vocabularies. Every spoken word comprises phonetic combinations of a small number of speech sounds. Speech is one of the skills or abilities in English to express opinions, comment, and reject other people's opinions if they do not match our view, as well as the ability to ask and answer these questions. How about Public Speaking? That skill can be built for engagement or relationships with the audience when communicating in public. This applies in front of people who are already known or not. You must often see people who speak fluently and well in front of hundreds or even thousands of people. Well, that person takes advantage of the ability of public speaking to be confident and convey precise information to everyone. This ability is vital in bringing someone to look more professional. Sometimes, some people fear when asked to appear in front of many people. I can adequately overcome the fear if I master my public speaking ability. Therefore, this ability is one of the primary weapons someone must prepare before entering the professional world.



That is true if someone says, "experience is the best teacher" if speaking uses theory, maybe it will be good but more impressive if accompanied by practice. As long as you constantly practice and improve your training performance day

by day, it will pay off in what you practice and what you hope will happen. As the saying goes, "you will reap what you sow." And I ever read a book about John Maxwell, and he said in that book, "What is happening around us is not so important. What happens inside of us is very important". I agree with this word because if we do not want to change, change can not change. And the final decision is in us, not someone else. They are just suggestions and input.

Speaking is not as easy as it seems because we must arrange the word to be the best. And I, as the Public Speaker too, know how difficult it is to appear, stand, and speak in front of many people while considering what material we are presenting. And again, finding a suitable theme and text is challenging because it is still difficult for me. Speaking in English needs twice work for my brain. The first is using Indonesian to make the initial sentence, and the second is translating what we have made into English. My English speaking tempo is slower because my brain and mind work to solve what I want to convey. Before that, we must know and understand the theme we will present and the conditions and situations in the room. Simple language is an observation.

One of the Borneo University courses is Speaking, taught by Sir Ramli. Prioritize moving forward in class and speaking, expressing opinions, giving feedback, and whatever it is as long as you talk. Because he, as a teacher or lecturer, focuses on themes, media, methods, feedback, and the contents of the conversation depending on your preparation in 15 meetings. I still remember every meeting we are discussing the topic. When I went forward, what I was talking about was my topic. The more I attended the meeting, I felt I was growing and not as bad as before. More importantly, when the class was about to end, he always gave opinions, suggestions, or input regarding personal and group because our development needs to enable us to speak in different experiences and life paths.

At the first meeting, we discuss the learning contract. In university, the way of learning and teaching is different from what we were at school. As we discussed the learning contract, every lecturer always has the same rule. One is "encourage the students to attend the class for optimal participation." And He (Sir Ramli) prioritized the rule and time management. And after that, He told us in this first meeting we must describe ourselves just in 3 words. No less, no more. At that moment, I knew what I must do. I wrote that as the significant point in

a paper and developed it into sentences and paragraphs. That is not easy as I hope. When my name got called, I got blank. From that moment, I knew I must perform and bring this speech. Since that experience, I must prepare my manuscript in every meeting and confidently perform in front of the class.

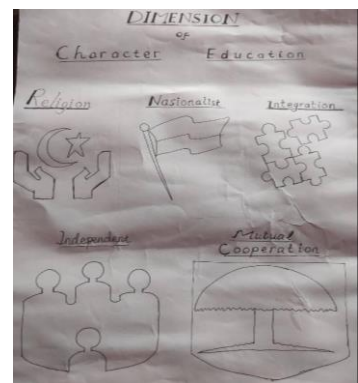
From the second until the fourth meeting, we discuss the easy (for us) and lots of discussion and references for that theme. The themes are Diversity, Education, and Technology. Regarding diversity, there are a lot of topic references like ethnicity, race, religion, and culture. And I bring about race in the family. In the last speech, I gave a dark joke that only certain people understood what that joke meant. At the third meeting, we discussed education. In that meeting, I still remember bringing up the theme of how vital family education is. Because what? Since we are born until childhood, our first learning is precisely from our parents or those who care for us. I have a word that says, "their children's attitude is a reflection of their parents' education." At the fourth meeting, we were concerned about Technology. This theme got a reference from the previous subject, the Listening Subject. And at this meeting, the only thing that I did not perform or speak forward because I needed to research and find out more about it.

At the fifth meeting, the lecturer brought up a new idea. He told us to write one word that still relates to the theme of the previous sessions. After noting that word, tear it, roll it up and collect it from the lecturer. After that, we picked up one word randomly when all students had done what was ordered. Whatever we got, you must explain that word in a Video and post it on Instagram. Remember to tag the lecturer; coincidentally, I got the word "Technology. When the class was over, I went straight home, did not go anywhere, and immediately made and searched for the theme that I got prepared for taking the video. And I need to record the video five times to make it as perfect as I want and hope. After that, I uploaded the video on my Instagram and remembered to hashtag the lecturer's account.

But the most that makes my adrenaline go up is an exam in mid-semester. That is so.... I can say, wow, Because of what? In this midterm exam, we are asked to speak. Maybe you think we are just ordinary speaking. But not. it is different. What makes it different is that there will be a professional cameraman who will video our speaking. It will be taken in a class where the contents are

only the cameraman, the lecturer, and the speaker. We do not bring paper or notes like in the previous meeting. From that moment, we must remember the point and the words. And while waiting, our names were called, and we (me and a local friend) moved to the next class. Because it was empty, we used that class for practice. When my name has been mentioned, I enter the room and..... I see the white space with the camera in the middle of the room facing backward of class with a ready steady cameraperson. I stand in front of the camera a few meters away from the camera, and it is set to fit nicely on the camera. After that, I was allowed to speak. If I talk, the cameraman orders or guides us before a speech, such as hand movements, expressions, gestures, intonation, and so on.

In the rest of the meeting, we moved to a more severe and complicated theme, making my brain work harder than before. This theme is not about casual but about a country, politics, etc. There was one at the meeting we were asked to make a poster. The poster is up, whatever it is. There was a lot of fun, creativity, and entertainment at that meeting. But, after we make that, we must explain your poster's meaning. Many of my friends think the sign is simple, but not with the explanation, very extraordinarily meaningful. And vice versa. From that, we know that public speaking is not limited to just getting in front and talking like a stand-up. Still, we must also be able to explain the poster's meaning.



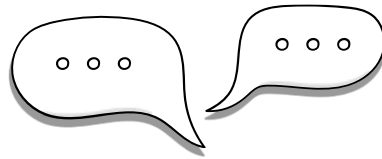
I have lots of experience and new knowledge from speaking in this class. First, when the speaking class starts, my heart always beats faster until I cough or feel nauseous. That anomaly will end or stop if my power is advanced and speaking. Because of what? The heavy burden has finally been conveyed, and I am relieved. And my heart rate subsided and returned to normal. But now, the anomaly is starting to decrease, not as bad as the first time

At last, public speaking is the art of public speaking that can be used to capture the audience's interest and get them involved in the presentation. Here I want to tell you how to improve your Public Speaking Skills. Practice and keep practicing. It is normal to feel nervous when you want to go out in public. However, you can appropriately overcome nervousness if you practice and prepare well beforehand. Quoting the Harvard Extension School, give it a

moment to get back to practicing and prepare yourself by re-reading the notes you want to convey later. Second, understand the audience. Remember, when speaking in public, you are not talking about yourself but about the audience. Therefore, first, understand who the audience will come to watch you. This way will help you to convey the right message to them. For example, the average future audience is 20-25 years old. Well, that means you have to be able to convey messages with dangers that suit them. Third, training the gesture. According to Verywell Mind, combining facial expressions, hand gestures, and body movements are important because it can convey what is on your mind. So, as much as possible, practice your body movements well, starting from hand movements, upright body positions, and eyes that keep looking at the audience. Do not let your body movements stop in one place and your eyes. Master the stage as best as possible to bring the audience a good atmosphere.

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Enjoying the Process Makes the Journey Colourful

Milka

Before I took this public speaking course, my knowledge of public speaking could have improved. It should be something other than public speaking, just talking in public but not. As time went on, I finally started to understand the method of public speaking taught by my lecturer. He is very enthusiastic about teaching us. He taught us how to begin public speaking, public speaking techniques, and more. First, start by building confidence, how to fill your content, how to organize your speech, and how your eye contact with the audience. He taught us many things, but what I mentioned are just a few. He taught us quite challenging but with the reaching that makes us change and dare to process to progress.

Everything began from we were assigned to describe ourselves in 3 words. It was informed one week before the day. When I first followed this course, I felt nervous and scared because it would appear in front of all my friends. At the time, our name was not mentioned by the lecturer. However, we had to take the initiative to perform. At the time, I did not appear because I still did not have the courage and was scared. Over time, in meeting 3, I performed. I had prepared the text in the previous meeting but needed more confidence. So almost every meeting I perform. But everyone performing every session takes work, hehe. Even though I have prepared the text, you must intend to perform and be bold and confident. Because when the mind is calm and believes that you can, then you'll dare to achieve. One of the characteristics of a person's personality that is unaffected by the actions of others and allows them to act as they like, be joyful,

optimistic, tolerant, and responsible is self-confidence (Carnegie, 1991).

Then the fourth meeting was about education. When I brought up the topic "education is important," I was enthusiastic and confident about this topic and bravely performed without being called by my lecturer. Before performing, I was looking for material and inspiration from YouTube, which was amazing. However, my mistake at the time was my speech could have been more organized, and I realized it. So my lecturer gave me a correction to make it more organized. From this, I learned how to deliver speeches to be organized. So, I wrote before performing and ensured it was already well. Next, about a topic from Ted Talks. I brought up the topic of "How to be happy every day" I delivered speech tips on how to be happy every day. I was ready, but I moved too much, so I stuttered a bit when I spoke in front of my friends. However, I am still confident because I love my topic.

The tenth meeting was poster presentations, and my topic was "tips for maintaining mental health" at this time, I felt relaxed and ready to perform when presenting my poster and delivered my presentation well even though it was not smooth. Besides being presented in class, we also post on our social media. And I was delighted when my lecturer commented on my post and appreciated it—next meeting about news reporters. When I brought up the topic "new province in Indonesia" when speaking, I took notes because there were several names of countries that I mentioned. To be honest, I was nervous because it was my first time being a news reporter. And as we know, to be a news reporter does not just talk and deliver the latest news, but some things must be considered, such as speech intonation, articulation, eye contact, fluency, and hand movements. This is not just for being a news reporter but, generally, for a public speaker.

With confidence, you have won before you started

-Marcus Garvey-

Then about what I have presented on some topics in each meeting diversity, I talked about how to respect various diversity. At this meeting, I was still nervous and needed to deep into my material. As well as other meetings on the topic of education, technology, etc. When mid-term, That is when I was satisfied with my performance, I took the topic of family. At the time I was happy because I delivered my speech well without any more fear and I believed I could. And from

this, I am excited to perform even though it is not the first. Then one thing that I take from this, is your performance will be good if you like your topic in the first one. After that, make sure you understand your material and practice more.

At the 15th meeting, we performed a short drama. I am very excited about this topic because it is my first time performing a drama in English well. At the time, we performed a drama titled "the princess of Tarakan kingdom." Six people play this short drama: me, Nefiona, Urai, Satria, Zein, and Irsyad. I, Satria and Urai are family, Satria is our daddy as a king of the Tarakan kingdom, and Urai is my young sister as a princess. Then Nefiona is a fair girl, Zein is a prince, and Irsyad is Zein's assistant. I was happy because we performed well and all played our roles well. Also, our costumes are adorable. We wear kingdom costumes. And there is a romantic scene when Urai and Zein are dancing, so all the audience screams seeing this scene. And when performing the drama, I did not feel nervous or scared but more excited. This is cute and I always remember this performance. After this last meeting, I felt touched because I never thought that we would be able to go through all the challenges in public speaking so far. At the end of the meeting, all of us put on a performance which was amazing for me. If you remember, it feels like it is impossible to make it to this final meeting. However, we can all do it with the intention, confidence, belief and encouragement, and guidance from our lecturer.

The self-directed conversation is a technique to assist the students in becoming more confident in acquiring the instructional materials. I always put confidence first when preparing for meetings, followed by the content and practice in front of the mirror or self-talk, according to Herwanah (2012). Method before my speech is crucial because it calms my mind and helps me prepare it fluently. If I do not relax and calm myself before to speech, I will be scared, nervous, etc. vice versa; if I practice enough, I feel very confident and even took the notes during the speech. I remember every I wanted to perform. My body was shaking. My heart was beating fast. My hands were cold and more. As long as I perform, I never say, "my performance must be perfect but what I told them has benefits or new bright information and motivation." One of my inspirations is Merry Riana. I love all the motivation given. Almost every time provides some motivation. It feels very touching. This is also one of the reasons we always take topics related to our daily habits, as I have mentioned about "how to be happy

every day, tips for maintaining mental health, about family, and more. Because we often think that habit is not essential. For me, Merry Riana always awakens and delivers about small habits that can change someone's life. She inspired me very much.

Why do I dare to perform? One that makes me dare to act is the motivation and encouragement from the lecturer who teaches this course. At every meeting, he always provided inspiration and encouragement. When we do not perform, he always says "this is your opportunity, do not miss this opportunity. do not let you regret it because not perform after this". I realized what he said was very real and I always remember his statement.

On the other hand, what makes me dare to perform is highly confident. Everyone knows that self-confidence is the key to starting everything well. Self-confidence is an attitude or belief in one's abilities so that in his actions is not too anxious, feel free to do things by the desires and responsibilities for his actions, is polite in interacting with people others, has the drive to achieve, and can recognize their strengths and weaknesses," Peter (2002) stated. When you have that confidence, everything feels lighter and more manageable, and of course, you will be brave to perform. Spirit will make you comfortable and calm in every situation. However, the confidence doesn't appear or just come. We should create it through our habits. There are tips to make trust through routines that are related to my experience during this course.

First of all, positive thinking. Positive thinking is my way to create confidence. do not let negative thinking into yourself, and do not let your fear or anxiety overwhelm you. I only appeared or performed when first meeting this course (if not wrong). Because I was afraid and did not have the courage. In my mind "if I move forward, absolutely I will not be able to say anything, I will be laughed at, and more. Those thoughts only make you more scared, less confident, and unable to do anything. So do not ever let this thought into your brain.

The second is to avoid environments or circles that make you feel unmotivated or friends who always scare you. Well, this is important too, especially for me. Environments and circles are also influences that can push, support, and make you worse. So, while taking this course, I am always looking for a place that makes me brave and enthusiastic and friends who motivate me. To perform, besides being confident from within our circle also be one of your

encouragement or your supporters. On the other hand, do not compare yourself to others receive your weaknesses. Comparing yourself to others is not wrong but make it your motivation to be better than before. My friend performs, and I always say, "wow, they are nice. I have to be like them." Then, learn from mistakes. After serving, you must correct your errors. After that, make it your evaluation to avoid making the same mistake next time.

Confidence is when you believe in yourself and your abilities; arrogance is when you think you are better than others and act accordingly

-Stewart Stafford-

About feedback and reaction during this course. Response and input from others as well. Feedback or reaction is one of the critical elements in assessing our public speaking. Because feedback or reaction are benchmarked for us to improve, we very much need it. Good feedback and response will give you more enthusiasm and excitement, make you more confident, and push you to improve. Sometimes there is also the reaction that, without realizing it, makes us secure and feel good. Such as when you delivered your speech, some of the audience nodded their heads and smiled. Even though we do not know what they mean by nodding their heads or smiling, it adds to my confidence and enthusiasm when I deliver my speech. Following this course, whatever feedback from my friends and my lecturer always used to motivate me to improve. Especially the excellent feedback from my lecturer makes me gosh, "oh god, thank you." Whenever my lecturer (Mr. Ramli) gave me good feedback on my performance, I was happy and more confident. So the next day, I was convinced to perform.

Public speaking ability is very important for everyone to have because every educated person must have the ability to communicate well or be able to speak in public. Public speaking is one of the ways we socialize with people around us and this one differentiates us from others. Therefore, developing your public speaking skills will help you become more effective in other communication situations. In this course we trained on how to speak in public properly, organize, and clear the point. I am so glad about this course. Well, how to develop my communication in the future. In the end, I will be more confident, and aware and make sure my gestures are well in front of an audience. I will communicate in two directions; for example, I give yes/ no questions so that the situations are lively. During public speaking, I learned many types of concepts and terms in

communication. Such as the organization of speech, eye contact with the audience, movement, gestures, and verbal and nonverbal communication. Also, in public speaking, I learned how to speak clearly, not too fast. Because it will make your speech messy, your breath will be unstable, it will make the audience not understand what you say, and it is very dull for the audience. Therefore, avoid things like that.

I could have been a better speaker or participant when public speaking comes. Every time wants to perform or deliver a speech, a lot of feelings arise (as I mentioned before) that make me give up. And while taking this course, there will always be fear, nervousness, lack of confidence, and negative thinking. Like, "should not if I took this topic, how would my friends' reaction be, do not show up." I had thoughts like that during public speaking. However, I do not want to lose to my friends, so I motivate myself, talk to myself and reflect on everything, and I try to grow positive thinking in my brain. Finally, I was able to participate in several meetings. That is it, only you can decide everything, apart from that it is not the one who decides. And I realized that enjoying the process will make my journey colorful and continue to move forward when we enjoy the process.

Overall, when you want to perform or be a public speaker, only focus a little on and care about your negative thinking. Because the disease that often makes people suffer is due to overthinking and putting on negative thinking in your brain, sometimes we forget that there are many positive thoughts we can enjoy and relax. The lesson I took was to change to a more positive mindset and believe in yourself. According to Simon (2004), confidence is the conviction that something will succeed. Keep going, relish every moment, always be appreciative, and use your failures as learning opportunities.

“If you can speak, you can influence. If you can influence, you can change lives”

-Rob Brown-

Thank me, my lecturer, my friends, and my god.

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Writers' Biography



Ramli is a lecturer at the English Education Department, Faculty of Teachers Training and Education, Universitas Borneo Tarakan, North Kalimantan, Indonesia. As for his educational background, his Doctor's Degree was obtained at the State University of Malang (UM), funded by the Indonesian Minister of Research and Technology (2018). He also pursued a Sandwich Scholarship at The Ohio State University (OSU), Columbus, OH, USA, 2017-2018. As a teacher, he sustainably explores his

knowledge and experience by teaching and writing articles in internationally and nationally accredited journals. In addition, he has written around 25 articles and 6 books; Linguistics and Non-Linguistics Knowledge in L2 Listening Comprehension, Grammar Knowledge (Syntactic Analysis), *Pasang tallasa kamase masea*; the beauty of a simple life in Book Values of Sustainability that exist in Local Wisdom in Indonesia, Current Research in ELT, Learning Strategies and Learners Autonomy, and Pedagogical journeys and opportunities in ELT. Besides, he intensively attends training/workshops, international and national conferences or seminars. You can connect with the writer via email at ramli26@borneo.ac.id



Hello, I am **Arina**. I am from Sebatik and live in the district's village of Aji Kuning. I am enthusiastic and enjoyable when doing something. I constantly feel insecure and find it very difficult to voice my opinions, but when I am relaxed, and under no pressure, my confidence builds. Being a student imposes a heavy mental weight because there are numerous tasks to complete like doing presentations, making films or posters, or paperwork. Even now, I still worry about my choice of major in English

education, in which I have very little experience. However, as I begin my fourth semester, I am learning a lot of brand-new information, particularly in my speaking classes. One day, I will develop myself into a self-assured and bold person.



Hello, I am **Damaris Anton**, and I am usually called dame. I was born on 21 June 2002. I live with my sister on Damai Bhakti street, rt 11 No 073. As a student, I expect to gain new knowledge and be more insightful. My hope for the future is to graduate quickly with good grades and get a dream job. "Remember campus life by continuing to hone it. do not waste your time complaining." -Najwa Shihab



I am **Fatimah Nur Aini**, from Malinau, but since I study in Tarakan now, I live in Kampung 1. As an introvert, it is hard for me to socialize with people. Also, as an introvert, I need help socializing with people, especially speaking in public or in front of my friends and huge crowds. But as a Department of English education, it makes me want to improve my skills and be confident in doing something to develop my talents. In the future, I want to apply what I have been able to get from the college not only in the work environment but also in my neighbourhood so that it can be useful for many people.



I am **Puteri Nuur Safirah**. I am From Tarakan and live at Aki Balak Street, Karang Harapan. I am a somewhat withdrawn person who finds socializing difficult and speaks less than listens. Because of it, I need to gain the skills required to speak in front of a huge crowd. However, I also have a great deal of desire and confidence, particularly in my neighbourhood. Being a student in the English Education Department causes me

to expect what I want to live up to, such as being an engaged and responsible student, competent, and knowledgeable. In the future, I want to apply what has been learnt to my workplace.



I am **Urai**. I am from Setulang, Malinau regency. My personality is shy and easily insecure, but I also quickly have confidence, especially when I am in a situation I like. I do more listening than talking. Difficulty expressing opinions and embarrassment made it difficult for me to speak in front of many people. However, on several occasions, I have had very high self-confidence. When I started attending college, I expected that, in college, there would be lots of assignments and lots of presentations, and it was true. It was not easy to adjust, but since I majored in the English education department at the University of Borneo Tarakan, I have learned and got many things, especially in this speaking class. Hopefully, I can be a braver, more confident, and more skilful person so that I can undergo my life well.



Hi, my name is **Jhur Fahri Alamsyah**. My friends used to call me Jhur, And I live in a small city in Indonesia named Tarakan; also, I am a college student at the Borne university Tarakan, English department majority. My hope in the future as a student is to be useful and helpful. Also, when I graduate later, I want to have a job outside Tarakan to transfer my knowledge and experience as an alumnus.



My name is **Fatmawaty Mukti**, usually called Fatma. I was born in Tarakan on February 2, 2002. I live with my parents on Jalan Mulawarman in front of Saus Crab. I graduated from SMA Negeri 1 Tarakan majoring in Office Management and continued to study at the Borneo Tarakan University, majoring in English Education. I have so much hope to continue my studies to a higher level. My main hope as a first child is to make my parents and family proud of the achievements

I will have achieved, make friends, be able to explore the hidden potential within myself, add experience, and can change my life for the better. Lastly, it makes it easier to get a job and leads me to a brighter future. We can dream for the future, but the reality is inversely proportional to what is dreamed of. I wish the best for myself and those around me to become a better person, get a job that I love, and achieve my goals as I wish.



I am **Siti Juniaty Adhira**, and I go by Dhira. As a student majoring in English education, of course, I am expected to become a teacher in the future, well, I have no ambition to become a teacher, but I want to learn about education; I am personally more curious and joyful learning about education than the English itself. Speaking about my goals, I want to work in the field of art and design, and I also want to learn more about education and educational technology. I dream of becoming a volunteer teacher and travelling the world. I enjoy self-learning by exploring new knowledge and skills; I love studying and learning alone without any pressure, just me and myself, and learning resources that can come from anywhere and anyone.



My name is **Sauri Adeliah**. I was born and Tarakan on October 5, 2003. There's nothing special in my life, but I enjoyed it. I am a fan of cats, rain, and astronomy. So, it is very comfortable for me when the rain is pouring. Since I was a kid, I have never had a dream job. Even now, I still do not have a dream job. I will do whatever it is as long as I feel happy. But I hope someday I'll be the best version of myself and get a better life.



My name is **Aprilia Nur Rizkiana** Wahono, 19 years old, born in Tarakan on April 13, 2003. I am a student from the University of Borneo Tarakan, Faculty of Teacher Training and Education, majoring in English Education class of 2021. I stay positive and think about the best possibilities even in a difficult situation. I want to continuously give positive energy and love to many people. I have an INFP personality type that is very sensitive to situations and shy, so it is not easy to interact and build relationships with others. As a student, I hope for many things, such as being active in organizations and building relationships with many people, getting stable grades, making good memories with friends and lecturers, and enjoying college life. I do not know what kind of person I will be in the future, but I hope always to be healthy, happy, and positive, have a good job, can be a role model for others.



I am **Sherlan Juanda Putra**, North Kalimantan, Tarakan. I am presently studying at English Education in the Faculty of Teacher Training and Education at Borneo University, Tarakan. Moreover, I am friendly and trustworthy. I have learned to be kind to others, especially my family and friends. Since childhood, I have always been taught not to be mean and rude to others. As a college student, I must build and develop my personality and skills. My future is decided by what I do today. Furthermore, I've been thinking about becoming an English teacher; to achieve that, I have to learn many things, one of which is how to give a speech properly in public.



I am **Clara Lydia Kansil**. I am From Tarakan and live at Aki Balak Street, Karang Harapan. As a student in the English Education Department, I have many targets. I enjoy every single process in my study and hopefully, it brings me to be more educated, persistent and experienced. In the future, I can contribute to transferring my knowledge and becoming a role model in my surrounding.



My name is **Siti Nurhaliza**. I was born on nine September 2003, usually called Liza. Some people who may only hear my name will call me Liza because I lisp a Z. I am a college student who likes the usual matcha flavour, better known as green tea; most people do not like this flavour because my friends say it tastes like grass. I was born and raised in Malinau. Malinau is a very large village where the majority are Dayak people. When I graduated from high school, I continued my education at the University of Borneo Tarakan. Initially, I had no interest in English because I was majoring in social studies, and I was lazy to take care of paperwork again to enter the nursing department, so I chose English. I am happy to be in this department, from solid friends to cool lecturers. Even though I felt doubtful at the beginning, I have a life motto: live first, Dizzy later.



I am **Nefiona Tokan**. I am from Nunukan and live in Persemaian, Kampung Pisang. I was born in Kinabalu on 9 April 2003. Now I am 19 years old. I consider myself that I am difficult to socialize with or difficult to be able to speak in front of many people, feel that I can not give opinions from my mind. Still, by understanding the meaning of "Public Speaking," I diligently learned how to be myself by boldly speaking in front of people. Now, I am studying at the university of Borneo Tarakan, Department of English Education, because I have hope that I want to live. I feel the change in myself is more courageous and poised, capable, and skilful. In the future, I want to be a teacher or a translator.



I am **Musdalifah**. I am from Tarakan and live at Kusuma Bangsa Street , Gunung Lingkas. I am a person who easily interacts with the environment around me, and I find it easy to socialize. However, I still need to gain skills for speaking in front of many people. On the other hand, I also have a lot of desire and confidence, especially in areas where I can excel. Being a student in

the Department of English Education makes my goals to achieve, such as being a better, more competent, and more knowledgeable person. Therefore, what I get in the courses will be a blessing and can lead me to success and make my hopes true.



I am **Muhammad Haikal Hirzi**. I am from Bunyu island and live on Emplasmment Street, East Bunyu. Being a student in the English Language Education Department makes me expect what I want to achieve, such as being a competent student, having broad insights, and having good skills. I hope that the learning experiences, I am engaged in, can help me achieve what I dream of and lead me to success.



Hello... I am **Satria Ade Nugraha**, you can call me Satria. I live at Sebengkok Pelayaran Street, Tarakan. I am 20 years old. I was born in Tarakan, on December 17, 2002. I am a student majoring in English education and I am very enthusiastic and motivated. I have leadership skills, initiative, and a love of new challenges. I have experience in various organizations and committees on campus. What will I do in the future? my dream job is to be a teacher because it is my heart calling to create a smart and well-behaved generation. That is why I want to become a teacher and a pleasure to share the knowledge I have with others.



HHHHi, Denando's here. I am **Denando Cagak Mahadewa**. I stay at Anggrek Street, Kampung Bugis, Tarakan. I decided to take the English department because I wanted to be a college student and it is a must because I want to make my dream come true. I will continue to bear faith in my future success even if my dreams are not realized. My current vision is to graduate as soon as I can to pursue my dream.



Hello, my name is **Mesi Andriani Bunga**. I live in Agathis street Karang Harapan, Tarakan. Being a student in the English department makes me happy because I can learn a lot about grammar, vocabulary, and so on. My expectation in the future is to be Impactful to many people through the knowledge and experience I have learnt. Mesi Andriani Bunga. I live in Agathis street Karang Harapan, Tarakan. Being a student in the English department makes me happy because I can learn a lot about grammar, vocabulary, and so on. My expectation in the future is to be Impactful to many people through the knowledge and experience I have learnt.



Hello, my name is **Tasya Maharani**; you could call me Tasya. I was born on the first of July, 2003. I used to live in Nunukan but for now and a few years ahead I will stay in Tarakan to study. I am an enthusiastic learner and now continuing my studies at the University of Borneo Tarakan. Have a dream to live as an independent woman so I should study harder to be more invincibly achieve my dream.



I am **Irsyad Ramdani**, I am from Mansalong and now I live in Tarakan at Kampung 4. Being a student in English Education causes English used everywhere. As everyone knows, English is an international language. The proof is that applications for English are easily found in smartphones, applications, software, internet, all of which use English as the instructional language. By selecting an English language education major, I will not experience difficulties when communicating with other people in foreign languages since English has become the second language.



My name is **Zein Ridwan Alhakim**. I live in Tarakan with my parents, my location is nearly Kusuma Bangsa, Gunung Lingkas. I am an introvert person, usually I can not get close with some people that they thought it doesn't make any sense for me. Reasonably I only have a few close friends. I'd like to meet new people to share some ideas as long as it brings a constructive impact. As an English Education Department student, my expectation is to be able to learn more about how to be a good English teacher and how to be a skillful in English. My plan is to finish my current study and proceed to the next study in Jogja, because I am planning to become a lecturer as my mom suggested.



This is **Evi Kumala**. My friends call me Epi. I was born in December 23, 2002 in Surabaya, and currently, I live in Belalung Indah, Juata Permai, Tarakan. I graduated from SMK 1 Tarakan majoring in office administration. And now I am a student at Borneo Tarakan University taking English education. I expected to study hard and practice my skills a lot so I can accomplish my study well. I joint some internal organizations to get more experience. I dream to work at a company, earn more money for my parents and younger siblings. I also want to go traveling to my dreaming city or country. In the future I wish to be better, healthier and stronger to live my life and I wish I could get rich and need to worry about money anymore.



Hi! I am **Ronald Simon**. I am the only male students from abroad, Malaysia, (Sabah, Tawau) but in fact I am still Indonesian who only lives there. I came along the way just to continue my study in Indonesia. Living as a student makes really tough yet delightful because we have to solve all the incomplete puzzle. I would consider myself as a cool man, friendly, and funny. I expect being a student in a college we might never feel the burden but

That is not absolutely true. One thing I hope in the future, I would live the best of my life, got a proper job with full of a bag, travel around the world with my family, and build a home for my parents.



Hello, I am **Sarah Ibrahim**. I live on Persemaian Street, No 139, RT 15. My region is in Nunukan, North Kalimantan. I am a student at the Borneo University of Tarakan. Being a university student is the most challenging thing I've ever had but in the same way, I enjoyed it. I've learned a lot of new things, especially that related to Education and English learning. Therefore, starting from this time I keep on myself becoming a tour guide in the future because I am interested to meet new people, enjoying the views, and learning about new places.



Hello readers, my name is **Stefani Rossa Febrina**. I am 19 years old, born in Seputuk, 05 – February – 2003. I come from Tana Tidung Regency, Sedulun Village. I am the first child of two siblings studying at the Kalimantan University of Tarakan, Faculty of Teacher Training and Science Education, majoring in English Education. I do this writing activity to reflect on myself and see my speaking progress. I expect being a student will be going to be so much fun, but it is not always true. I need to put more joy into it. I hope in the future I can live my dreaming life.



I am **Muhammad Rizal**, I live at Sabanar Lama Street, Tanjung Selor Hilir, Tanjung Selor. Being a student in the English Education Department is very fun because I have a lot of friends and more knowledge of English. English is not only about speaking but also about grammar, listening, and other courses that you've never known before. In the future, I want to share my English knowledge with other people as an English teacher.



I am **Rayhan Rahmadhani**. I live in Aki Babu Street, Tarakan. I am a student in the English Education Department. I want to deepen my knowledge to be a competent person. I hope in the future I can share my knowledge and give benefit everyone.



My name is **Muhammad Habib Abdullah**. I live at Rimba Raya street, Tarakan Barat. I was born in Tarakan on July 25, 2001. I like reading, writing, and playing games. My expectation as a college student becomes smarter, spiritually and physically stronger, and more acquainted and sociable. My future is being a professional teacher like what my parents dream about me.



I am **Milka**. I live on Aki Bitik st. in Pungit, Tanjung Selor. I am rather difficult to socialize and talk to others. Besides, I am confident to share positive things and other important things. I also always love to learn new things from group of people whom I believe to gain a positive impact. My expectation as a student is to become a great abilities and strong intentions. I am struggling to manage my time, be patient and strong. I am struggling to develop my self potential, world knowledge, and language performance. In the future, I want to be able to apply what I have learned in university. I have been dreaming to be a successful woman.

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Since project-based learning is implemented in English Education Department, Universitas Borneo Tarakan, students are challenged to deliver their project of public speaking as well as complete their experiential writing at the end of the meeting. This class was academic speaking, where students built their confidence, insights, and public speaking performance with various activities like speech, news reports, discussion, debate, poster presentation, and role play. This book was inspired by Freedom Writer, a 2007 American drama film". Which tells that teaching imparts knowledge and inspires change. From this inspiration, the teacher shared the pedagogical experience of how speaking for formal interaction was taught in the classroom, and students wrote down their success stories throughout the entire semester of speaking class. This book was sincere on the Local A2 students' stories in the English Education Department academic year. Based on the students' diaries, they successfully described the story reflecting how they strived to organize their learning and uplift their speaking skills. This writing was also a self-assessment for students to improve their language skills and metacognitive awareness. Besides, this proved the strong collaboration and autonomous learning as a group of students. This class believed "no friends are left behind" to pursue learning progress.



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