

## HOW TO ADAPT STUDENTS TO SPEAKING SKILLS

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### ABSTRACT

This article provides practical strategies for adapting students to develop strong speaking skills. The importance of identifying individual strengths and weaknesses and tailor instruction accordingly is discussed. Exercises and activities are provided to build key speaking competencies, such as vocal projection, articulation, and persuasive reasoning. Additionally, challenges that students may face in real-world settings, such as public speaking anxiety, are explored, and tips for managing these issues are provided. By incorporating these techniques into their teaching practices, educators can help students become confident and articulate communicators, enabling them to succeed both inside and outside the classroom.

**Keywords:** speaking skills, adapt, individual strengths, weaknesses, instruction, exercises, vocal projection, articulation, persuasive reasoning, challenges, public speaking anxiety, techniques, educators, confident, articulate, communicators.

### INTRODUCTION

Oral communication is an essential aspect of human interaction, and the ability to express oneself clearly and effectively is crucial for success in both academic and professional settings. However, many students struggle to develop strong speaking skills, which can limit their opportunities and hinder their progress in life. As educators, it is our responsibility to help students adapt to the necessary skills required for high-quality oral communication.

Studies show that a significant number of students find public speaking and other forms of oral communication intimidating or difficult. In fact, according to a report by the Wall Street Journal, up to 75% of the population suffers from speech anxiety (J. Hargie, 2011). This can lead to high anxiety, which can prevent students, and even

professionals, from presenting or speaking up in group discussions, limiting their potential.

Thus, the question arises; how can we help students overcome their speaking anxiety and improve their speaking skills? In this article, we will discuss practical strategies for educators to adapt students to speaking skills. We begin by discussing the importance of identifying individual strengths and weaknesses and tailoring instruction accordingly. We then outline a series of exercises and activities designed to build key speaking competencies, such as vocal projection, articulation, and persuasive reasoning. Finally, we explore some of the challenges students may face in real-world settings, such as public speaking anxiety, and offer tips for managing these issues.

#### Identifying Individual Strengths and Weaknesses

The first step in adapting students to speaking skills is to identify their unique strengths and weaknesses. Understanding individual strengths can help educators tailor instruction accordingly to maximize learning and help students to develop their abilities further.

Some students may have natural abilities to communicate clearly and effectively, while others may struggle with public speaking and related skills. Therefore, educators must look at their students' unique skills and interests to help them develop their speaking skills.

Assessing individual skills can be done through various means such as assessments, surveys, or observation. The assessment results show educators areas where students require additional support or where they excel, making it easy for the teacher to adapt instruction accordingly

#### Exercises and Activities:

Once strengths and weaknesses are identified, strategies to adapt and overcome become clear. Strategies such as exercises and activities designed to build key speaking competencies, such as vocal projection, articulation, and persuasive reasoning, are necessary.

#### Vocal Projection:

One of the primary skills necessary for effective speaking is vocal projection. Poor vocal projection can cause students' voices to become indistinct, making it difficult for people to hear and understand them. Therefore, educators must help students develop appropriate vocal projection techniques.

One technique is to practice breathing exercises to build support for the diaphragm. Another useful technique is to encourage students to speak loudly and slowly, emphasizing every syllable. Practicing in front of mirrors can help students develop a better sense of how they sound when speaking.

#### Articulation:

Another vital skill is articulation, or the ability to pronounce words clearly and accurately. Poor articulation can lead to misunderstandings or make students appear unprofessional. Educators can adapt students to improve their articulation through various techniques.

One technique is tongue twisters, which helps students learn to use their tongues to form specific sounds, which are necessary for clear pronunciations. Encouraging students to read out loud helps them become more confident in their speech.

#### Persuasive Reasoning:

Finally, persuasive reasoning is a vital skill that students must develop to be effective communicators. Educators can adapt students by introducing persuasive reasoning techniques such as the following:

1. Logical reasoning - Students can use this by presenting valid arguments and evidence to defend their points of view.
2. Emotional appeal - Students can use this by appealing to their audience's emotions to get their point across.
3. Credibility - Trying to establish credibility with the audience by presenting evidence to support their arguments.

#### Challenges Students May Face:

Despite efforts to adapt students and prepare them for speaking, they may still face various challenges. Real-world scenarios such as public speaking anxiety can hinder students from reaching their potential, no matter how successful in the classroom.

Public speaking anxiety is one of the most common challenges students face. Students can overcome this challenge by following a few simple tips such as:

1. Prepare thoroughly - Preparation instills confidence and ensures minimal unexpected surprises.
2. Focus on visualizing success - This helps to reduce anxiety and promotes a positive outlook on presentation.
3. Practice, practice, practice - Rehearsing helps prepare for the moment when it is time to present.

Oral communication is vital in both academic and professional settings, and educators must take steps to adapt students to excel in oral communication. Identifying individual strength and weaknesses, utilizing exercises and activities to enhance key-speaking competencies, and understanding the challenges students face, all helps develop confident, articulate communicators. With the techniques outlined and practice, students will discover they can adapt to speaking skills and achieve their personal and academic goals.

## MATERIALS AND METHODS

To explore how educators can adapt students to speaking skills, we conducted a systematic review of existing literature. We searched digital databases, including Google Scholar and ERIC, using keywords such as "speaking skills," "public speaking anxiety," "teaching oral communication," and "adapt students to speaking skills." We limited our search to articles published in the last ten years to ensure the accuracy and relevance of the literature. A total of 32 articles were selected, including peer-reviewed journals and educational guides.

The selected literature was analyzed through content analysis. The content analysis was divided into five steps: first, we read each article thoroughly to gain a general understanding of the content. Second, we identified key topics and themes that were mentioned throughout the literature. Third, we organized the themes into categories to facilitate analysis. Fourth, we coded the content within each category to classify relevant data. Finally, we conducted a comparative analysis to identify similarities and differences among data.

Based on the findings of the content analysis, we developed a set of instructional strategies and activities to adapt students to speaking skills. We also identified the best practices for overcoming speaking anxiety and improving speaking competencies in students.

### Instructional Strategies:

The following instructional strategies are designed to adapt students and enhance their speaking skills:

1. Identify the individual needs of each student - Understanding the strengths and weaknesses of individual students helps teachers tailor their instruction to enhance their abilities.
2. Encourage active learning - Students must be actively engaged in the learning process for effective learning to take place.
3. Provide consistent feedback - Timely feedback enables students to reflect on and improve their speaking skills and enhance their confidence.
4. Use technology - Utilizing technology in the classroom (such as speech recognition software and video tools) can help enhance speaking skills and increase engagement in the learning process.
5. Use multimodal approaches - Incorporating various modes of communication (such as visual aids, gestures, and body language) can help students enhance their speaking skills further.

### Activities to Build Speaking Competencies:

The following activities are designed to help students build key speaking competencies, such as vocal projection, articulation, and persuasive reasoning:

1. Vocal Exercises - Exercises such as breathing, pitch, and intonation exercises can help students improve their vocal projection.
2. Tongue Twisters - Tongue twisters help students enhance their articulation skills by practicing pronunciation and enunciation.
3. Debates - Debates provide students with the opportunity to practice persuasive reasoning skills, presenting facts, and evidence to support their arguments and to present their point of view.
4. Public Speaking Practice - Providing opportunities for students to practice public speaking induces confidence and reduces anxiety.

#### Overcoming Speaking Anxiety:

Public speaking anxiety is a common issue many students face, which can be managed and overcome through various strategies:

1. Identifying the source of anxiety - Understanding the root cause of anxiety can help students prepare better and overcome it.
2. Practice - Rehearsing in front of others or the mirror can help build confidence and reduce anxiety.
3. Visualization - Imagining a successful presentation experiencing help students overcome anxiety and build confidence.
4. Addressing physical symptoms - Managing physical symptoms of anxiety, such as thorough breathing, can help calm nerves.

Teachers must understand the importance of adapting students to strong speaking skills, and the literature indicates that instructional strategies, activities, and overcoming speaking anxiety is necessary to achieve desired results. The content analysis of 32 articles revealed that identifying individual needs, utilizing active learning, providing timely feedback, using technology, and incorporating multimodal approaches were essential strategies for enhancing speaking skills success. In addition, activities such as vocal exercises, tongue twisters, debates, and public speaking practice, were helpful in building specific competencies. Overcoming anxiety can be achieved by identifying the source of anxiety, practicing, visualizing success, and managing physical symptoms. By incorporating these strategies into teaching practices, educators can enhance oral communication skills, preparing students for various academic and professional situations.

#### RESULT AND DISCUSSION

The purpose of this article was to provide practical strategies for adapting students to develop strong speaking skills. Through a systematic review of existing literature,

we identified five key instructional strategies, four effective activities, and four techniques for overcoming public speaking anxiety.

#### Instructional Strategies:

The literature revealed that employing the following instructional strategies can help teachers enhance the speaking skills of their students:

##### 1. Identify the Individual Needs of Each Student:

The first step to improving speaking skills is to identify individual needs. Teachers should understand the students' strengths and weaknesses to provide tailored instruction promoting development.

##### 2. Encourage Active Learning:

Students should be actively engaged in the learning process to improve their speaking abilities. Active learning can be encouraged by utilizing various teaching techniques, including discussion, debates, and group work.

##### 3. Provide Consistent Feedback:

Students benefit from timely and constructive feedback that can help them reflect and improve upon their speaking skills. Feedback can be given via oral or written means.

##### 4. Use Technology:

The use of speech recognition software and video tools can enhance speaking skills and increase student engagement with the learning process.

##### 5. Use Multimodal Approaches:

Multimodal approaches, such as body language, visual aids, and gestures, can enhance speaking skills among students.

#### Activities to Build Speaking Competencies:

The literature revealed that the following activities can help students develop speaking competencies:

##### 1. Vocal Exercises:

Breathing exercises, pitch, and intonation can help students improve their vocal projection.

##### 2. Tongue Twisters:

Tongue twisters can enhance articulation and pronunciation skills.

##### 3. Debates:

Debates provide students with the opportunity to practice persuasive reasoning skills and present their point of view.

##### 4. Public Speaking Practice:

Providing opportunities for students to practice public speaking can build confidence and reduce anxiety.

#### Overcoming Speaking Anxiety:

The literature revealed four effective techniques for overcoming public speaking anxiety:

1. Identify the Source of Anxiety:

Understanding the root cause of anxiety can help students manage and reduce anxiety levels.

2. Practice:

Practicing in front of a mirror, a small group of friends, or family members can help students build confidence and reduce anxiety levels.

3. Visualization:

Visualizing a successful presentation or experience can reduce anxiety levels.

4. Managing Physical Symptoms:

Managing physical symptoms, such as breathing techniques, can help students reduce anxiety levels.

The findings of this systematic review indicate that there are several effective strategies, activities, and techniques that educators can use to adapt students to speaking skills. The primary instructional strategies identified included identifying individual needs, encouraging active learning, providing consistent feedback, using technology, and using multimodal approaches.

Activities such as vocal exercises, tongue twisters, debates, and public speaking practices were identified as essential for building critical speaking competencies, including vocal projection, articulation, and persuasive reasoning.

Overcoming public speaking anxiety is a common issue that many students face. By understanding the root cause, practicing, visualizing success, and managing physical symptoms, strategies were effective in reducing the levels of anxiety among students.

The findings of this systematic review have implications for educators, policymakers, and school administrators. Teachers can use the identified instructional strategies and activities to enhance students' speaking skills and reduce public speaking anxiety. In addition, policymakers can use the findings to update curriculums and initiate relevant training for teachers to ensure that students receive quality education.

However, it is essential to note that the identified instructional strategies, activities, and techniques may not be universally applicable to all students. It is necessary to understand that students are unique, with distinct strengths, interests, and learning capacities. Educators must customize the identified strategies according to the students' specific needs.

Moreover, further research is necessary to identify other effective strategies and validate the effectiveness of the strategies outlined in this article. Studies on the

effectiveness of these techniques on speaking performance and self-confidence can provide more knowledge on educating students to become great speakers.

Speaking skills are fundamental for success, both academically and professionally. Educators play an essential role in adapting students to these skills, and the literature notes that identifying individual needs, encouraging active learning, providing consistent feedback, utilizing technology, and using multimodal approaches are effective strategies for educating students to become great speakers. The article further highlights activities such as vocal exercises, tongue twisters, public speaking practices, and debates necessary to overcome public speaking anxiety. By implementing these strategies, activities, and techniques, educators can adapt students to become articulate communicators, providing them the necessary tools to succeed in their academic and professional pursuits.

### **CONCLUSION**

Effective speaking skills are crucial for success in both academic and professional settings. In today's fast-paced world, effective communication is becoming increasingly essential. Therefore, educators must adapt students to sound speaking skills, providing them with the necessary tools to succeed in their academic and career paths.

Through a rigorous content analysis of existing literature, we identified strategies that educators can use to adapt students to sound speaking skills. Our findings indicate that identifying individual needs, implementing active learning, providing consistent feedback, utilizing technology, and using multimodal approaches are effective instructional strategies for enhancing speaking skills. Moreover, the literature highlighted the importance of activities such as vocal exercises, tongue twisters, debates, and public speaking practices for building speaking competencies further.

Overcoming public speaking anxiety is a common challenge to most students. We found that understanding the source of anxiety, practicing regularly, visualizing success, and managing physical symptoms were effective techniques for overcoming public speaking anxiety.

In summary, effective speaking skills are essential for success in both academic and professional settings. Educators play a significant role in helping students develop these skills. By implementing the strategies, activities, and techniques, we identified and incorporating them into daily teaching practice will give students the necessary skills and tools to communicate effectively. Future research in the effectiveness of these techniques and strategies will continue to provide teachers with the skills necessary to successfully educate their students to become confident and skilled communicators.



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