

***Challenge of Effective Speaking 17th edition
Verderber Test Bank***

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TRUE/FALSE

1 : Public speaking apprehension is uncommon and only affects a few people.

A : true

B : false

Correct Answer : B

2 : If speakers do not practice their speech and various ways of phrasing key ideas, they run the risk of major opportunity for communicating effectively.

A : true

B : false

Correct Answer : A

3 : Performance orientation views public speaking as a special technique that works to impress audiences with their posture.

A : true

B : false

Correct Answer : B

4 : Public speaking apprehension is most commonly caused by negative self-talk.

A : true

B : false

Correct Answer : A

5 : Using positive-talk before your speech is a good technique to reduce speech anxiety.

A : true

B : false

Correct Answer : A

6 : You should choose a speech topic that you know nothing about, so that you can learn from your research.

A : true

B : false

Correct Answer : B

7 : A speech goal states what you want your audience to know, believe, or do.

A : true

B : false

Correct Answer : A

8 : A speech goal states what you want your audience to know, believe, or do.

A : true

B : false

Correct Answer : A

9 : Having some speech apprehension is quite normal.

A : true

B : false

Correct Answer : A

10 : Organized speeches help audiences to remember the information better.

A : true

B : false

Correct Answer : A

11 : The organization of your speech will naturally evolve from your research and will involve little effort on your part.

A : true

B : false

Correct Answer : B

MULTIPLE CHOICE

12 : Public speaking apprehension is _____.

A : extreme speech anxiety

B : fear experienced when anticipating or actually speaking to an audience

C : not a problem for most people

D : fear experienced after the speech

Correct Answer : B

13 : The technical term for public speaking apprehension, speech anxiety, or fear of public speaking is:

A : fearfulness

B : anxiousness

C : claustrophobia

D : glossophobia

Correct Answer : D

14 : Public speaking apprehension gradually _____ as we speak.

A : decreases

B : increases

C : stays the same

D : none of the above

Correct Answer : A

15 : The three phases of reaction are _____.

A : visualization, desensitization, and adaptation

B : anticipation, confrontation, and adaptation

C : apprehension, performance orientation, and communication orientation

D : confrontation, visualization, and apprehension

Correct Answer : B

16 : The anticipation phase is _____.

A : the surge in your anxiety as you begin your speech

B : the level of anxiety during your speech

C : the gradual decline of your speech anxiety about 1 minute into the speech

D : the level of anxiety you experience before your speech

Correct Answer : D

17 : The confrontation phase is _____.

A : the level of anxiety during your speech

B : the level of anxiety you experience before your speech

C : the surge in your anxiety as you begin delivering your speech

D : the gradual decline of speech anxiety about 1 minute into the speech

Correct Answer : C

18 : Which of the following is NOT a type of breathing and relaxation exercise?

A : abdominal breathing

B : systematic desensitization

C : progressive muscle relaxation exercises

D : sighing

Correct Answer : B

19 : The intrapersonal communication regarding perceived success or failure in a particular situation is called:

A : self-talk

B : inner-talk

C : interference

D : inexperience

Correct Answer : A

20 : _____ people experience lower levels of public speaking apprehension.

A : introverted

B : secure

C : alpha

D : extroverted

Correct Answer : D

21 : The most common cause of public speaking apprehension is _____.

A : fear of laughter

B : negative self-talk

C : anxiety

D : none of the above

Correct Answer : B

22 : The theory that suggests that most of us become apprehensive because we don't know how to plan or prepare effectively for a public presentation is _____.

- A : the speech apprehension theory
- B : the communication biological theory
- C : the skill deficit theory
- D : structuration theory

Correct Answer : C

23 : Observing how your friends and family members react to speaking in public is known as _____.

- A : modeling
- B : performing
- C : reinforcing
- D : confrontation

Correct Answer : A

24 : According to communication orientation motivation (COM) techniques, in performance orientation, the speaker views the audience as _____.

- A : good listeners
- B : hypercritical judges
- C : inferior to the speaker's topic
- D : not worthy of hearing the speech

Correct Answer : B

25 : Using presentational aids and dressing up for your speech are two specific techniques your book gives for _____.

- A : achieving your speech goal
- B : training public speaking skills
- C : reducing speech anxiety
- D : sharing your ideas

Correct Answer : C

26 : _____ helps reduce anxiety by assisting you in picturing yourself giving a masterful speech, and helps you overcome cognitive and emotional symptoms of apprehension.

- A : Communication orientation motivation (COM)
- B : Visualization
- C : Systematic desensitization
- D : Cognitive restructuring

Correct Answer : B

27 : The _____ technique can help reduce anxiety as you gradually visualize and then engage in increasingly more frightening speaking events while remaining calm.

- A : communication orientation motivation (COM)
- B : visualization
- C : systematic desensitization
- D : cognitive restructuring

Correct Answer : C

28 : The approach to public speaking where speaking is viewed as an opportunity to engage in conversation with topics of importance and focuses on getting your message across is called:

- A : communication orientation
- B : visualization
- C : relaxation
- D : cognitive restructuring

Correct Answer : A

29 : You should choose a topic that you _____.

- A : think is funny
- B : do not care about
- C : feel is relevant to your needs
- D : know something about

Correct Answer : D

30 : A specific statement of what you want your audience to know, believe, or do, is called the:

- A : speech plan
- B : canons of rhetoric
- C : speech goal
- D : summation

Correct Answer : C

31 : Presenting your main points in _____ order from first to last will help your audience understand and remember them.

- A : topical
- B : chronological
- C : ascending
- D : descending

Correct Answer : B

32 : The process of _____ involves tailoring the information in your speech to the needs, interests, and expectations of your listeners.

- A : audience analysis
- B : listener analysis
- C : audience adaptation
- D : listener respect

Correct Answer : C