SPEAK 4th edition Verderber Test Bank

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TRUE/FALSE

1 : 24. Being lackadaisical about giving a public speech makes a public speaker more effective.
A : true
B : false

Correct Answer : B

2 : 25. In the context of public speaking apprehension which stems from our biologically based temperament, people who are introverted tend to experience lower levels of public speaking apprehension than people who are extroverted.
A : true
B : false

Correct Answer : B

3 : 26. Introverted people are always ineffective public speakers.
A : true
B : false

Correct Answer : B

4 : 27. Adopting a performance orientation reduces the anxiety for a public speaker.
A : true
B : false

Correct Answer : B

5 : 28. Relaxation exercises involve systematically tensing certain muscle groups for about ten seconds and then relaxing them for another ten seconds.
A : true
B : false

Correct Answer : B

6 : 29. When you practice your speech aloud, you should identify sections of the speech where your ideas may not flow and where you need to do additional preparation.
A : true
B : false

Correct Answer : B

7 : 30. Using positive self-talk is a specific technique that is recommended before you deliver your speech and on the day you actually give it.
A : true
B : false

Correct Answer : B

8 : 31. A speech plan is a specific statement of what you want your audience to know, believe, or do.
A : true

B : false

Correct Answer : B

9 : 32. Invention is one of the five canons of rhetoric.
A : true
B : false

Correct Answer : B

10 : 33. Two of the most basic organizational frameworks are chronological and topical.
A : true
B : false

Correct Answer : B

MULTIPLE CHOICE

11 : 1. Which of the following makes you a better public speaker?
A : Having some public speaking apprehension
B : Being lackadaisical about giving a speech
C : Being well-groomed and humorous
D : Adopting a performance orientation

Correct Answer : A

12 : 2. In the context of symptoms of public speaking apprehension, the sentence I am going to make a fool of myself is an example of _____.
A : biologically based temperament
B : reinforcement
C : negative self-talk
D : communication orientation motivation

Correct Answer : C

13 : 3. The anticipation phase of public speaking is marked by the:
A : surge in your anxiety as you begin your speech.
B : anxiety you experience as you wait for the audiences response.
C : gradual decline of anxiety about one-minute into the speech.
D : level of anxiety you experience before your speech.

Correct Answer : D

14 : 4. Praveen, a student pursuing his masters degree, is asked to deliver a speech on his thesis. Although he is well prepared, he gets anxious and starts stumbling with words about a minute into the speech. In this scenario, Praveen has entered the _____ of public speaking.
A : adaptation phase
B : anticipation phase
C : confrontation phase
D : self-talk phase

Correct Answer : C

15 : 5. Jorge began delivering his speech about five minutes ago. Though he was nervous at the beginning, he is feeling calm now. In this scenario, Jorge has entered the _____ of public speaking.
A : anticipation phase
B : adaptation phase
C : self-talk phase
D : confrontation phase

Correct Answer : B

16 : 6. In the context of public speaking apprehension resulting from past experiences, _____ is learning by observing and then imitating those you admire or are close to.
A : modeling
B : reinforcement
C : cognitive restructuring
D : performance orientation

Correct Answer : A

17 : 7. The theory that suggests that most of us become apprehensive because we do not know how to plan or prepare effectively for our public presentation is the _____.
A : biologically based temperament theory
B : speech code theory
C : skill deficit theory
D : social interactionist theory

Correct Answer : C

18 : 8. Which of the following is true of a communication orientation?
A : It requires a special speech delivery technique.
B : It reduces a speakers anxiety level.
C : It induces negative self-talk.
D : It views audiences as hypercritical judges.

Correct Answer : B

19 : 9. Speakers with a communication orientation:
A : engage in self-talk which focuses on the fear of failing.
B : require special delivery techniques to impress audiences aesthetically.
C : always feel that their audience is more intelligent than themselves.
D : view public speaking as an opportunity to engage in conversation with a number of people.

Correct Answer : D

20 : 10. By visualizing the process of speech making, people:
A : seem to increase their general apprehension.
B : tend to deliver mechanical speeches.
C : report fewer negative thoughts while speaking.
D : tend to use first-person pronoun during self-talk.

Correct Answer : C

21 : 11. William Stark, a famous business person, has delivered several successful speeches. However, he always experiences anxiety before delivering a speech. In order to manage this anxiety, William uses a method wherein he visualizes himself speaking in situations that get more difficult and frightening while trying to remain calm throughout. In this scenario, William is using _____ to reduce his public speaking apprehension.
A : performance orientation
B : cognitive restructuring
C : communication orientation
D : systematic desensitization

Correct Answer : D

22 : 12. Which of the following is true of cognitive restructuring?
A : It involves replacing negative self-talk with positive self-talk.
B : It involves inducing anxiety to help perform better.
C : It involves using first-person pronoun during self-talk.
D : It involves taking shallower breaths to relax the abdomen.

Correct Answer : A

23 : 13. Which of the following is a step in the process of cognitive restructuring?
A : Replacing self-distancing self-talk with self-immersive self-talk
B : Inducing some amount of anxiety
C : Analyzing how rational your fears are
D : Developing a mental picture of yourself giving a masterful speech

Correct Answer : C

24 : 14. Razia is about to deliver a speech on free trade to a group of business representatives. Although she has delivered several successful speeches before, she engages in negative self-talk such as I will make a fool of myself this time and I am scared the audience will mock my body language. Consequently, in order to manage her apprehensions, she tries to eliminate these negative thoughts using thoughts like I have delivered this speech several times successfully and I am a trained public speaker and I cannot go wrong. In this scenario, Razia uses _____ to reduce her public speaking apprehensions.
A : systematic desensitization
B : cognitive restructuring
C : the visualization technique
D : communication orientation motivation

Correct Answer : B

25 : 15. Roger is a political critic who is to deliver a speech addressing a large audience. In order to overcome his anxiety, Roger talks to himself before the event. In this process, he always uses the third-person pronoun to refer to himself. In this scenario, Roger is using _____ to reduce his public speaking apprehension.
A : self-distancing self-talk
B : cognitive restructuring
C : the visualization technique
D : systematic desensitization

Correct Answer : A

26 : 16. Which of the following is a specific technique recommended to employ in the days before you deliver your speech?
A : Preparing yourself to adopt a performance orientation
B : Avoiding visualizing yourself giving a masterful speech
C : Using first person pronoun I during your self-talk
D : Focusing on sharing your ideas with the audience

Correct Answer : D

27 : 17. The term _____ refers to five general rules for effective public speeches.
A : canons of rhetoric
B : aesthetic canons
C : speech goals
D : speech plans

Correct Answer : A

28 : 18. Which of the following is true of a speech goal?
A : It will encourage your audience to pay attention.
B : It is not a part of a rhetorical situation.
C : It is the strategy used to convey a message.
D : It may not be relevant to the audience needs and interests.

Correct Answer : A

29 : 19. Before she begins her interaction with some humanities students, a career counselor states, I want my audience to be able to identify their skills related to their interests. This statement is most likely an example of _____.
A : a self-talk
B : chronological delivery
C : cognitive restructuring
D : a speech goal

Correct Answer : D

30 : 20. In the context of preparing a speech, ideas can be organized into a well-structured outline by:
A : allotting specific time for presenting each anecdote in your speech.
B : adding subpoints to support two to four main points.
C : preparing a microstructure of your speech.
D : practicing various ways of phrasing your key ideas.

Correct Answer : B

31 : 21. In the context of organizing your speech, which of the following statements is true of the chronological framework?
A : It involves dividing the speech into separate segments and allotting a specific duration for each.
B : It means following an order that moves from first to last.
C : It refers to choosing the speech topic depending on the target audiences age.
D : It means following an order of interest.

Correct Answer : B

32 : 22. Lovita is asked to conduct a session on corporate etiquette in her organization. She plans to begin her session by discussing lighter subjects and then move on to the more serious company policies. In the context of organizing your speech, which of the following organizational frameworks does Lovita most likely use?
A : Spatial
B : Topical
C : Circular
D : Causal

Correct Answer : B

33 : 23. Which of the following is true of an effective speech delivery style?
A : It does not require determining a speech goal.
B : It requires a speaker to memorize a speech.
C : It does not require you to adapt to an audience.
D : It requires practicing various ways of phrasing your key ideas.

Correct Answer : D