

## Giving advice (friendly discussion)

*Two students are talking about how to relax when speaking in public:*

1. A Hey, how's it going?
2. B Pretty good. You?
3. A Yeah, pretty much the same.
4. B You look a little, uh, tired.
5. A Mm, well, I was up late getting ready for a presentation today.
6. B Oh, right. Third period.
7. A Uh-huh. You don't look so nervous.
8. B I am, a little bit.
9. A So, tell me how you do it?
10. B Do what?
11. A How do you not get nervous?
12. B Um, do you know Derrick Rose?
13. A Derrick...?
14. B Rose. He's a NBA player.
15. A Okay. So, what about him?
16. B Well, I saw him talking about how he gets nervous sometimes...
17. A Wait! A professional basketball player gets nervous?
18. B Yup. I mean, not when he's playing—he says “balling”—but when he has to speak in front of a lot of people.
19. A Oh, I see. So, he gets nervous when he speaks in public.
20. B Right. But he challenged it and now he's getting better.
21. A Oh, really? How'd he do that?
22. B He actually had to talk in front of President Obama.
23. A No way! Really? And that made him better? I'd get more nervous, for sure.
24. B Yeah, I think he was, but then he realized he could do it and that gave him confidence.
25. A Okay, but he's a professional. I'm not.
26. B Uh-huh. A professional ball player, not speaker.
27. A Okay. I'll give you that. So, what's your advice?
28. B Advice for what?
29. A For me?
30. B Uh, I dunno. Whatever you're presenting, just try to relax and do your best.
31. A Really? That's it?
32. B I think so, because when you're able to do that, I mean succeed, you'll get confidence—more and more each time.
33. A Mm, I guess so.
34. B And don't forget to prepare well.
35. A What do you mean.
36. B Well, if you're giving a presentation, I recommend that you practice a few times, you know, time yourself and stuff.
37. A Okay. I'll do that at lunch. Wanna be my audience?
38. B Sure.