Making the Most of Oral Presentations Dalla Lana School of Public Health

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Overview

- 1. Characteristics of a Good Oral Presentation
- 2. Preparation Strategies
- 3. Creating Focused Presentations
- 4. Using Presentation Software
- 5. Managing Nerves
- Handling Audience Questions

Good Oral Presentations

- Strong organization
- · Clear focus
- Appropriate visual aids
- Audience awareness
- Good presentation style

Preparation Strategies

Before you start: Research

While you are working: Revision

Before you are ready to present: **Practice**

Research

- · Goals of the talk
 - ➤ What are the expectations of your host?
 - ➤ Who is your potential audience?
- · Physical space
- Technical equipment
- Allotted time

Revision

Slides:

- Make sure you end up with slides that are
 - > Effective in use of words and images
 - ➤ Free of errors

Presentation Notes:

 Create the presentation notes you need by refining them as you go along

Practice

- Practice your delivery
- Time yourself
- Evaluate your own performance
- · Practice again

Creating Focused Presentations

- Identify the focal point
- Devise a strong introduction and overview
- · Be disciplined about the content
- Control the flow of information
- Commit to the organization

Working Backwards

- 1. Establish the main idea
- 2. Identify the key support
- 3. Identify other supporting material
- 4. Construct the common ground
- 5. Decide on the organization
- 6. Write the presentation
- 7. Create the necessary visual aids

Using Presentation Software

- Slide basics
- · Verbal vs. graphical visual aids
- Assessing your own slides
- Best use of presentation software

Slide Basics: Font

- Use sans serif fonts (not serif fonts)
- Avoid italics; use **bold** for emphasis
- <u>Underlining cuts off the bottom of letters</u>
- ALL CAPITALS ARE HARDER TO READ

Slide Basics: Size

Use large fonts

24 point

28 point

32 point

48 point

60 point

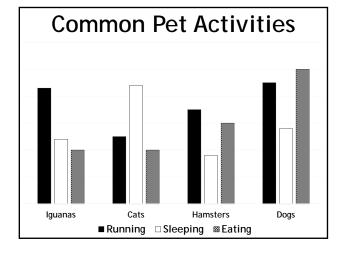
Slide Basics: Colour

- Light text against a dark backdrop works best
- Avoid excessive use of colour
- · Aim for contrast rather than variety

Slide Basics

Reveal information in stages:

- · Reveal and discuss bullet points one by one
- Reveal and discuss each element of a graphic separately



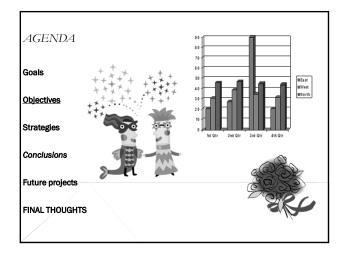
Slide Basics: Simplicity

Watch your use of the following:

- Animation
- Clip art
- · Background designs

Last step:

 Assess the legibility of slides by looking at your screen from a distance of 2 metres



Verbal vs. Graphical

- Verbal visual aids: Leading the audience through your presentation
- Graphical visual aids: Showing that which is difficult to convey in words

Assessing Your Own Slides

- What is the purpose of this slide?
- Are the diagrams clearly labelled?
- Are there too many words on the slide?
- Have you used simple animation effectively?
- Is the slide cluttered or confusing?
- Does the slide contain information that is not explained in your presentation?

Best Use of Presentation Software

- Create your presentation—both the narrative and the graphics—without using slideware
- Then use slideware to create a visually appealing presentation

Managing Nerves

Three key aspects of an oral presentation: Content, Design, Delivery

- Have confidence in both the content and the design of the presentation
- Take every opportunity to practice your delivery

Tips for Managing Nerves

- Don't judge or discuss your own anxiety
- Aim for enthusiasm rather than relaxation
- Identify a strategy that makes you feel in control (try smiling)
- Dress comfortably
- Know your presentation space
- Don't let your mistakes or signs of inattention from the audience distract you
- Leave yourself time to practice

Handling Audience Questions

Key principle: Set the stage for a controlled question period by making a *focused* presentation

Preparing for Questions

- Prepare a focused talk with a clearly delimited central topic
- Poke holes in your own argument and identify potential audience questions
- Clarify why potential problems haven't undermined the value of your research
- Identify particular types of questions

Question Period Tips

- Take your time before answering
- Always repeat the question
- Engage with the whole audience
- Be honest about what you don't know
- Answer the question you were asked
- Be succinct

Final Thought

Treat an oral presentation as an opportunity

- > to improve your delivery
- > to refine your content
- > to engage with interested listeners

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