

Course Day's – Vocal & Physical warm up

Test Lecture – in-person

Physical warm up – Always connect with your core this is where your emotions are felt.

Stand with foot on the ground, hip width apart and centre oneself > Take a slow deep breath in and a slow breath out.

- Warm up the palms of your hands by rubbing them together. Once hands are warm, gently place your palms on the side of your face and wipe down a few times. Gently massage your face with finger tips. Massage ears, head, neck and shoulders.
Rub one arm and then the other, chest area, belly, lower back, legs all the way down to ankles. Then tap gently the legs, front and back all the way up the body as if to wake up the muscles until you reach your face again.
- Massage your jaw and along the jaw line. Start to move your jaw and mouth as if you are chewing a big gum. Use the whole mouth and muscles.
- Gentle head rolls and then shoulder rolls/ Chest (forward & back)/ hip rotations one way and then another/ knee rotations/ ankle rotations and feet flexing
- Pout your lips, then open your mouth as wide as possible, repeat a few times.
- Blow through your lips with sound, use variety of sounds into your low and high registers > connect with your core

Vocal warm up

- Humming on a scale up and down, comfortably / chewing / blowing through lips (raspberry) and then with sound
- Tongue exercises – touch every single tooth individually top first and then bottom teeth
- Roll the tongue

Breath work

- Breathe in for 3 counts/ hold for 3 seconds / then out for 4 seconds (repeat 4-5 times)
- Breathe in for 4 counts / hold for 5 / out for 6 seconds

Do this 8-10 times to calm nerves and centre

Feel the expansion of the ribcage and do not allow shoulders to rise.

Tips:

- For sore throats gargle with warm salty water
- Do not drink alcohol/dairy/sweets/lozenges/fizzy drinks
- Visit the space you will talk in/ know where toilets & fire exits are
- Feel the space, depth and breadth, own it
- Voice some gratitude (in your head/smile to the space) – encourage positive energies
- Walk around, find the edge of the stage/space, know where your audience will be
- Be aware of atmosphere/ creaky floors/ coughs and sneezes

- Remember explosive sounds, per, ter, kerr / ber, der, ger

Tongue Twister

Lips, teeth, tip of the tongue

Peggy Babcock

To sit in solemn silence in a dull, dark dock, in a pestilential prison, with a life-long lock, Awaiting the sensation of a short, sharp shock, from a cheap and chippy chopper on a big black block! To sit in solemn silence in a dull, dark dock, in a pestilential prison, with a life-long lock, Awaiting the sensation of a short, sharp shock, from a cheap and chippy chopper on a big black block!

Test Lectures on Zoom

Create your own meeting in zoom, ask a friend to assist so they can tell you how you come across on screen. Or record yourself to play back and see what you look and sound like on screen.

Zoom Room – Make sure it is light in front or to the side of you, so your face can be seen. A blank background if blurred virtual background if possible.

Microphone – Check your speakers on the laptop/computer, some are on the sides or only in front. If you are reading from papers notes, this sometimes cover the speakers without realising.

Headphones – Check volume and this is back up in case speakers fail on laptop or computer.

Computer/Laptop – Have a back-up if one fails, check presentation slides on both as sizing may affect what examiners see.

Slides - send a copy to the exam office in case your technology fails so the zoom host can share your slides. If this happens – it is communicating with the zoom host "next slide please". Make sure you have permission to use slides and they are not copyright.

Videos in slides – make sure you test the sound and you have permission to use the video.

Wi-Fi Connection – Place yourself near the router, if your connection is still weak you may wish to give your lecture at a friend's house/work place. Choose the venue that will show you in your best light.

Vocal and physical warm up – see above. Take your time, slower than your natural speaking voice. Examiners will be listening through a portal, and then listening to volume level, then accents on top of that.

You may wish to ask them if everyone can hear you clearly before you begin.

Eye Contact – Offer eye contact through the camera lens, it may feel strange but you are still connecting with an audience. Also, when you introduce yourself before you share your slides.