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Using an Appropriate Rate of Speech

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about rate of speech. You can start the discussion with this question: **What are some situations in which you had to adjust your rate of speech?**



1. Listen to the people around you –

Different people speak at different rates. Listen to find out which rates of speech are easier to understand than others.

I will listen to others to figure out if a faster or slower rate of speech is easier to understand.



2. Consider your listener's knowledge of the topic –

If your listener is unfamiliar with a topic, you might need to slow your rate of speech to give him/her more time to think about your message.

I will slow my rate of speech if my listener is unfamiliar with the subject I am talking about.



3. Relax –

If you are nervous about speaking, you may tend to speak at a faster rate than normal.

I will take a deep breath and try to relax so I will not speak too fast.

Your rate of speech is how fast or slow you say your words. Everyone has a different rate of speech depending on his/her location, age, culture, and how he/she feels. In order to communicate effectively we must speak at a rate of speech that our listeners can understand. Use the steps below to help teach students how to use an appropriate rate of speech. Have them read/repeat the self-talk statements that follow each one. Then have a discussion



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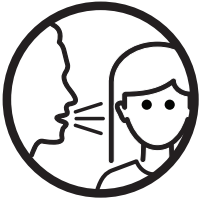
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4. Use pauses when you speak –

Commas and periods are used to mark breaks in written language. Spoken language should also have breaks. If you speak too fast, try pausing briefly between phrases and sentences.

I will add brief pauses between my phrases and sentences if I speak too fast.



5. Pay attention to your listener–

Watch and listen to your speaking partner. He/She may be giving you hints that you are speaking too fast or too slow.

I will watch for clues from my listener that tell me I need to adjust my rate of speech.



6. Practice speaking at different rates of speech –

Using a stopwatch, see how long it takes to read a paragraph at your normal speaking rate. Then practice reading the same paragraph with slower and faster speaking rates.

I will practice using slower and faster speaking rates.



7. Don't expect your rate of speech to change overnight –

Changing your rate of speech can take time. You have to keep practicing!

I will continue to practice using an appropriate rate of speech.



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