

**10.8 – Video: Words of encouragement**

Well, at the end of the book it might be time for some **last words**.

Are you **still nervous** about having to speak in front of others? Believe me, **you are not alone**.

Somebody once said that there are **only two types of speakers: those who get nervous and those who are liars**. And here's another quote on the same subject: The **human brain** is a wonderful thing, because it **starts working the moment you are born, and never stops until you stand up to speak in public**. So, nervousness is totally **normal**.

However, one thing you should remember is that the exam **isn't** really going to be a **public** speech. Only a handful of people will be there, and **they all want you to succeed**.

Besides, **the more you know about the topics, the easier it will be to talk about them**. And **the more you deal with them, the more interesting they will become**. It's always like that, with everything.

Another thought that might help you is this very simple truth: **Practice makes perfect**. So, do the exercises in the book. If possible, **do them with friends!** You know, true friends are the ones who won't laugh at you for saying, "Instead of playing another drinking game, why don't we practice for our final exam?"

For some people, **learning some phrases and passages by heart** works well because it makes them feel more confident. You might want to try that. Once you have memorised a chunk of language really well, using it in your speech or presentation will be **easy and effortless**, and that will make you feel and sound good.

And, it's very helpful to tell yourself – or have others tell you – **nice, reassuring things** over and over again. You could say something like, "I can't wait to share all the things I know, and there are so many of them"; or, "Today, I am fearless"; or "I am getting better and better at speaking in front of others"; or simply, "I expect success".

**Good luck!**

