

# The Importance of Rehearsing

by Sophia Tutorial



## WHAT'S COVERED

In this lesson, you'll learn some techniques for practicing your speech. Specifically, this lesson will cover:

1. Importance of Rehearsing
2. Rehearsal Through Analysis and Synthesis
3. Rehearsal as Simulated Experience

## 1. Importance of Rehearsing

Rehearsal involves **praxis**, which usually refers to the process of putting theoretical knowledge into practice, through a constant cycle of conceptualizing the meaning of what can be learned from experience.

Praxis is the process by which a theory, lesson, or skill is enacted, practiced, embodied, or realized. Praxis may also refer to the act of engaging, applying, exercising, realizing, or practicing ideas.

You have been studying public speaking and learning about delivery, gathering information, organizing speeches, and selecting a method of delivery. Through rehearsal, you have the opportunity to separate what works from what does not work.



### TERM TO KNOW

#### **Praxis**

The act of engaging, applying, exercising, realizing, or practicing ideas.

## 2. Rehearsal Through Analysis and Synthesis

During this period, it is important to break down the rehearsal into different chunks or skills for **analysis**, work with the smaller areas, and then strive for **synthesis**. You may learn by practicing different ways of actually expressing ideas, through which you can determine the best one.

Alternatively, you can practice different styles of delivery such as speaking faster or slower. To learn from practice, you can record your work to view it later, or you can have a trusted friend or coach provide feedback.

You may have heard the phrase "practice makes perfect," but before attempting to reach perfection, you must experiment to determine what it is you exactly want.



#### TERM TO KNOW

##### Analysis

A process of dismantling or separating into constituent elements in order to study the nature, function, or meaning.

##### Synthesis

The formation of something complex or coherent by combining simpler things.

## 3. Rehearsal as Simulated Experience

Just like the contestants in the Miss Universe Pageant, you have an opportunity to practice on stage before the actual event. The learning that can occur in rehearsal is situated in a simulated experience.

While rehearsing, you simulate the real speaking experience so you know what to expect. You can rehearse with the equipment or visual aids you will use, you can make sure that you are in control of the time, and you can rehearse answering questions for a Q&A session. You will know what to expect and ultimately feel more secure with your ability to perform in the actual speaking situation.

To rehearse effectively, the speaker should:

1. Start early to allow yourself enough time to experiment, revise, and try again during rehearsal.
2. Plan a feedback strategy by recording for self-analysis or by receiving feedback from a friend or a coach.
3. Remember practice does not make perfect if you continue to practice ineffective strategies. Therefore, you must experiment and learn from the experience to improve the total speech.



#### SUMMARY

In this lesson, you learned that **rehearsal is important** because you can apply your knowledge of public speaking to test out what works for you and learn from the experience in a safe environment. **Rehearsal through analysis and synthesis** involves practicing different parts of the speech, and putting the effective parts back together to create a total speech before delivering it in front of the actual audience. **Simulate the speaking experience** by rehearsing with the actual equipment that you plan to use, and plan a feedback strategy by recording for self-analysis or by receiving feedback from a friend or a coach.

Source: Boundless. "The Importance of Rehearsing." Boundless Communications Boundless, 17 Mar. 2017. Retrieved 1 Jun. 2017 from <https://www.boundless.com/communications/textbooks/boundless-communications-textbook/delivering-the-speech-12/rehearsing-the-speech-67/the-importance-of-rehearsing-265-7315/>



## TERMS TO KNOW

**Analysis**

A process of dismantling or separating into constituent elements in order to study the nature, function, or meaning.

**Praxis**

The act of engaging, applying, exercising, realizing, or practicing ideas.

**Synthesis**

The formation of something complex or coherent by combining simpler things.