

Protect Your Voice During Lectures

Professors spend a lot of time talking, whether they spend their time advising and mentoring students, facilitating classroom discussions, making formal conference presentations, or teaching large lecture-format classes. One of the hazards of a profession that relies on vocal communication is that extended periods of speaking can tax the voice.

The Center for Instructional Innovation & Assessment at Western Washington University frequently offers a workshop (Lecturing without Tiring or Losing Your Voice) that is offered by Dr. Rich Brown, a professor in the Theatre Department. The teaching center recently excerpted segments of Dr. Brown's workshop as a series of five training videos. Topics discussed in each video module include:

- An introduction to how parts of the body interact to produce voice quality
- A demonstration of warm-up exercises
- Guidelines for breath control
- Placement of sound
- Use of resonators to project the voice

Together, these video modules can help faculty learn healthy voice techniques that will enable them to project their voice during extended periods of speaking and keep their voice strong through a class or a long day of talking and maintain a healthy voice throughout a career.

The videos can be accessed at the following web site:

<http://pandora.cii.wvu.edu/cii/resources/modules/voice/>

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