

Everything your advisor didn't
teach you about giving talks



Renée Hlozek

hlozek@dunlap.utoronto.ca

Dunlap Institute for Astronomy and Astrophysics

Class 1: May 10, 2017

AST 113, 5pm

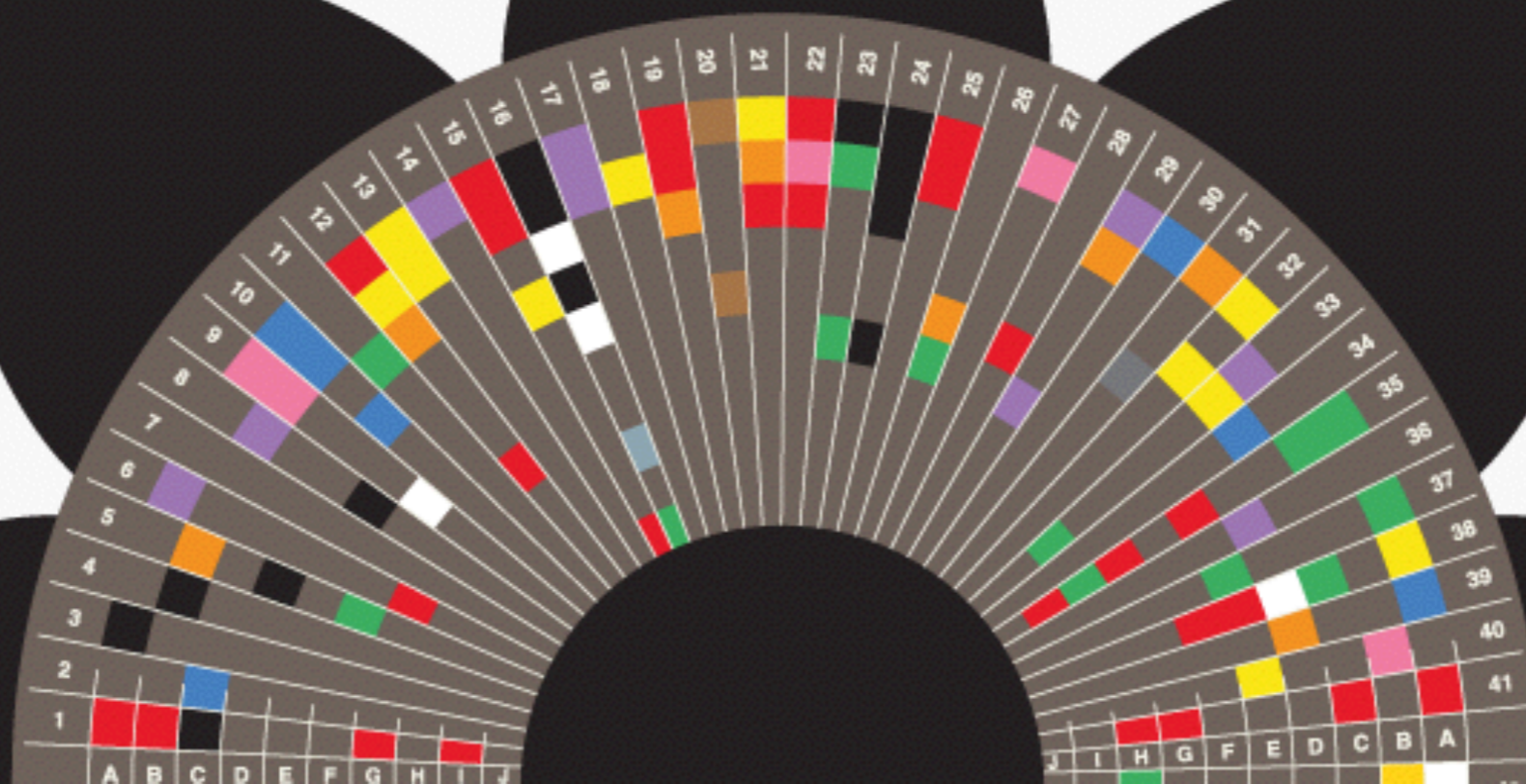
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AB 222



Housekeeping

Lectures:

- 4 x 1.5 hr classes (+ bonus tutorial on visualisation software)
- 10/5; 18/5; 23/5; 25/5 (Glue tutorial); 5/6; 12/6
- Longer class **celebration** for final presentations

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Content:

- “how to be the calm person in the room”
- “how to bring flow to your talks”
- “how to make plots that don’t put us to sleep”
- “how to deal with the aggressive question asker”

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Evaluation:

- 50% = final presentation
- 20% = figure design project
- 15% = oral communication project
- 15% = class participation

Initial survey: values

What do you want your talk to be in each of these columns?

Mental	Vocational	Physical

How to be the calm person in the room

Distance vs. closeness



distant spatially
unemotional
ideas/reasons



close spatially
passionate
feelings

Notice:

breathing
thoughts
emotions
physical movement

The practice: distant

1. sit at the front of the chain and breathe
2. place one foot behind the other
3. shift balance: forward, back
4. shift centre of gravity up (thread)
5. belly, mouth, jaw, spine
6. hands up
7. imagine the more distant state

The practice: close

1. sit at the front of the chain and breathe
2. place one foot behind the other
3. shift balance: forward, back
4. shift centre of gravity down (shrink wrap)
5. shoulders, stomach, hips, spine
6. hands on your thighs, palms up
7. imagine the close state

The practice: fireball

1. stand up
2. shake: energy up
3. pull your energy out towards your hands
4. shape, form
5. stretch, compress
6. roll around, control the motion
7. 'put back' inside your stomach


The practice: power pose

Amy Cuddy:

Your body language shapes who you are

TEDGlobal 2012 · 21:02 · Filmed Jun 2012

 49 subtitle languages 

 View interactive transcript



The practice: power pose

SCIENCE

THE STATE OF THE UNIVERSE.

JAN. 19 2016 8:00 AM

Slate

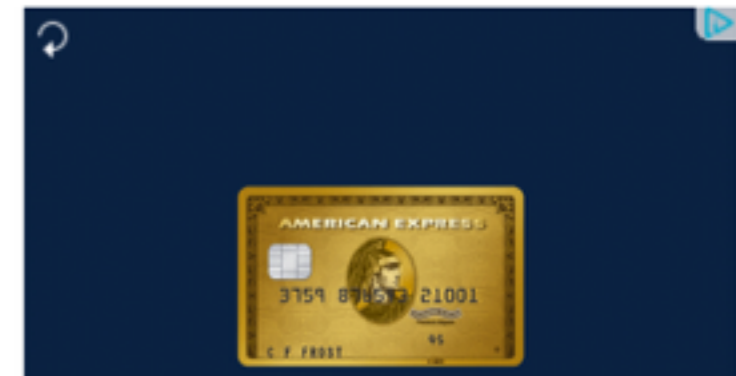


The Power of the “Power Pose”

Amy Cuddy’s famous finding is the latest example of scientific overreach.



By *Andrew Gelman and Kaiser Fung*



The goal: awareness

Homework: physical state diary

Activity	Time	Emotional	Physical