Tips for the 2026 Law Day Speech Contest
(and public speaking in general)

1. Know your material. Research the issues. Know more about it than you include in your speech. Be thoughtful and creative. Use humor, personal stories and conversational language to make your points.
2. Practice. And then practice some more; and practice again. Rehearse out loud. Rehearse in front of a mirror. Rehearse in front of your family and friends. Also, practice timing your speech. If parts of your speech don't work, revise it. By practicing a lot, you will become more comfortable and your presentation will get better.
3. Relax. Take a deep breath. Look at the audience. Pause. Then, begin your speech by introducing yourself; tell us your name, your age, your grade and your school. After introducing yourself, take one more deep breath, look at the audience and begin.
4. Realize that people want you to succeed. Audiences want you to be interesting, thought-provoking, informative and entertaining. We are rooting for you!
5. Don't apologize for any nervousness or any other problem. The audience probably did not notice. All of your practice will help you get back on track. Also, see #4 again, the audience is rooting for you!
6. Concentrate on your message. Try to focus your attention away from any nervousness and, instead, focus on your message and your audience.
7. Visualize yourself giving your speech. Imagine yourself speaking, your voice loud, clear and confident. Imagine having good eye contact with members of the audience and giving a persuasive speech about the topic. Visualize the audience clapping. Visualization can help boost your confidence.