



BREEDING
A R E N A
College

PROFESSIONAL

PUBLIC SPEAKING YR 11

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The Breeder’s Guide

Public Speaking

VOCABULARY DEVELOPMENT

A vocabulary (also known as a lexicon) is a set of words in a given language that an individual knows and uses. It also encompasses multi-word units known as collocations, idioms, and other types of phraseology.

It forms an essential component of language and communication, helping convey thoughts, ideas, emotions, and information. Vocabulary can be oral, written, or signed and can be categorized into two main types:

- Active vocabulary (words one uses regularly)
- Passive vocabulary (words one recognises but does not use often).

An individual's vocabulary continually evolves through various methods, including direct instruction, independent reading, and natural language exposure, but it can also shrink due to forgetting, trauma, or disease.

Why must you have a rich vocabulary?

1. A strong vocabulary is essential for effective communication and can help you express your thoughts and ideas more clearly.
2. It can also make you a more persuasive speaker or writer and increase your confidence in social and professional situations.
3. Vocabulary is key to reading comprehension. Readers cannot understand what they are reading without knowing what most of the words mean.

Ways to build your vocabulary

1. Read Extensively

Reading is the most effective way to build your vocabulary. Read books, newspapers and materials that cover a wide range of topics. Pay attention to unfamiliar words, look up their meanings and try using them in a context. Keep a vocabulary journal. It should be dedicated to documenting new words, phrases or idioms, including the parts of speech, definitions, synonyms, and antonyms. Spend at least 15 minutes doing this every day. Review the journal regularly.

2 Listen to diverse and relevant audio resources.

It's important to mindfully listen to the audio content that you will be provided with to boost your vocabulary and pronunciation. When watching a video or listening to an audio, note the new words and expressions and add them to your vocabulary journal.

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3 Practice, Practice, Practice

The key to building a strong vocabulary is to use it regularly. Building a strong vocabulary requires consistent effort and practice. Use the new words you have learnt in your conversations, writing, and everyday life. The more you use them, the more they will become a part of your everyday vocabulary.

Root Words, Suffixes, and Prefixes

Introduction

Many English words are created from Greek or Latin root words. Root words hold the most basic meaning of a word.

Most root words are not stand-alone words in English — they need a prefix and/or a suffix to create a meaningful word. Having this understanding helps to broaden your vocabulary as it gives you an idea of a number of words and their possible meaning, especially when you don’t have the chance to check a dictionary.

Common Latin roots

Latin Root	Definition	Examples
Ambi	Both	ambiguous, ambidextrous
Aqua	Water	aquarium, aquamarine
Aud	to hear	audience, audition
Bene	Good	benefactor, benevolent
Cent	one hundred	century, percent
Circum	Around	circumference, circumstance
contra/counter	Against	contradict, encounter
Dict	to say	dictation, dictator
Fac	to do; to make	factory, manufacture

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Latin Root	Definition	Examples
Form	Shape	conform, reform
Fort	Strength	fortitude, fortress
Fract	to break	fracture, fraction
Ject	Throw	projection, rejection
Jud	Judge	judicial, prejudice
Mal	Bad	malevolent, malefactor
Mater	Mother	maternal, maternity
Mit	to send	transmit, admit
Mort	Death	mortal, mortician
Multi	Many	multimedia, multiple
Pater	Father	paternal, paternity
Port	to carry	portable, transportation
Rupt	to break	bankrupt, disruption
scrib/scribe	to write	inscription, prescribe
sect/sec	to cut	bisect, section
Spect	to look	inspection, spectator
Struct	to build	destruction, restructure
vid/vis	to see	video, televise

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Latin Root	Definition	Examples
Voc	voice; to call	vocalize, advocate

Common Greek roots

Greek Root	Definition	Examples
anthropo	man; human; humanity	anthropologist, philanthropy
auto	Self	autobiography, automobile
bio	Life	biology, biography
chron	Time	chronological, chronic
dyna	Power	dynamic, dynamite
dys	bad; hard; unlucky	dysfunctional, dyslexic
graph	Writing	graphic, phonograph
hetero	Different	heteronym, heterogeneous
homo	Same	homonym, homogenous
hydr	Water	hydration, dehydrate
hypo	below; beneath	hypothermia, hypothetical
logy	study of	biology, psychology
meter/metr	Measure	thermometer, perimeter, metrics
micro	Small	microbe, microscope

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Greek Root	Definition	Examples
mis/miso	Hate	misanthrope, misogyny
mono	One	monologue, monotonous
morph	form; shape	morphology, morphing
nym	Name	antonym, synonym
phil	Love	philanthropist, philosophy
phobia	Fear	claustrophobia, phobic
phon	Sound	phone, symphony
photo/phos	Light	photograph, phosphorous
pseudo	False	pseudonym, pseudoscience
psycho	soul; spirit	psychology, psychic
scope	viewing instrument	microscope, telescope
techno	art; science; skill	technique, technological
tele	far off	television, telephone
therm	Heat	thermal, thermometer

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Prefixes and suffixes

One method of understanding the meanings of new words is to analyse the different parts of the word and the meanings of those parts. Many new words are formed by adding an affix (a prefix or a suffix) to the beginning or end of a Latin or Greek root or root word.

Common prefixes

Prefix	Definition	Examples
anti-	Against	anti-climax
de-	Opposite, reduce	Devalue
dis-	not; opposite of	Discover
en-, em-	cause to	enact, empower
fore-	before; front of	foreshadow, forearm
in-, im-	In	income, impulse
in-, im-, il-, ir-	Not	indirect, immoral, illiterate, irreverent
inter-	between; among	Interrupt
mid-	Middle	Midfield
mis-	Wrongly	Misspell
non-	Not	Nonviolent
over-	over; too much	Overeat
pre-	Before	Preview
re-	Again	Rewrite

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Prefix	Definition	Examples
semi-	half; partly; not fully	Semifinal
sub-	Under, below	Subway
super-	above; beyond	Superhuman
trans-	Across	Transmit
un-	not; opposite of	Unusual
under-	under; too little, beneath	Underestimate

Common suffixes

Suffix	Definition	Examples
-able, -ible	is; can be	affordable, sensible
-al, -ial	having characteristics of	universal, facial
-ed	past tense verbs; adjectives	the dog walked, the walked dog
-en	made of	Golden
-er, -or	one person connected with	who; teacher, professor
-er	More	Taller
-est	the most	Tallest
-ful	full of	Helpful
-ic	having characteristics of	Poetic

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Suffix	Definition	Examples
-ing	verb forms; present participles	Sleeping
-ion, -tion, -ation, -tion	act; process	submission, motion, relation, edition
-ity, -ty	state of	activity, society
-ive, -ative, -itive	adjective form of noun	active, comparative, sensitive
-less	Without	Hopeless
-ly	how something is	Lovely
-ment	state of being; act of	Contentment
-ness	state of; condition of	Openness
-ous, -eous, -ious	having qualities of	riotous, courageous, gracious
-s, -es	more than one	trains, trenches
-y	characterized by	Gloomy

References:

Reading Rockets

VOCABULARY REGISTERS

The term 'register' is used to refer to particular varieties or styles of speaking and writing. Registers vary because the language is used for different purposes, in different contexts and for different audiences. For example, there is a legal register, a register of advertising, registers of banking and a register of weather forecasting. Registers are commonly recognized not just because of their specialised vocabulary but also because of particular uses of grammar. The term register is also used to refer to whether language is being used formally or informally.

Weather Vocabulary

These are some of the words we use when we talk about the weather. These words can be combined or modified (e.g., "partly cloudy," "intensely humid") to describe the weather more precisely.

Breezy

When the weather is breezy, there is a fairly strong but pleasant wind blowing.

Chilly

Unpleasantly affected by cold/uncomfortably or unpleasantly cold. Cold but not freezing

Sunny

Bright and clear, with the sun shining and no clouds.

Cloudy

Covered with clouds, reducing direct sunlight; can range from partly cloudy (some sun visible) to overcast (completely covered).

Overcast

Completely covered by clouds, blocking sunlight, often associated with dull or gloomy conditions.

Clear

No clouds in the sky, often associated with calm and bright weather.

Hazy

Made dim or cloudy by or as if by fine dust, smoke, or light vapor in the air: obscured by or as if by haze

Haze is traditionally an atmospheric phenomenon in which dust, smoke, and other dry particulates suspended in air obscure visibility and the clarity of the sky.

Temperature Descriptions

Hot

High temperature, often uncomfortable, typically above 30°C (86°F).

Warm

Mildly high temperature, pleasant and comfortable, often between 20°C (68°F) and 30°C (86°F).

Cool

Mildly low temperature, slightly chilly but not cold, often between 10°C (50°F) and 20°C (68°F).

Cold

Low temperature, often uncomfortable, typically below 10°C (50°F).

Freezing

Extremely cold, often below 0°C (32°F), with temperatures capable of forming ice.

Precipitation

Rain

Rain is water droplets that have condensed from atmospheric water vapor and then fall under gravity.

The water drops are usually greater than 0.5 mm (0.02 inch) in diameter. When the drops are smaller, the precipitation is usually called drizzle.

Drizzle

Light rain with very small droplets, often continuous.

Showers

Short bursts of rain, often heavy, but not lasting long.

Stormy

Accompanied by strong winds, thunder, lightning, and heavy rain.

Snowy

Characterized by falling snow, often leading to accumulation on the ground.

Sleet

A mix of rain and snow or ice pellets, often making surfaces slippery.

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Hail:

Small balls or lumps of ice falling from the sky during thunderstorms.

Wind and Air Movement

Windy

Strong and noticeable air movement, often making conditions feel colder.

Breezy

Light and gentle wind, usually pleasant.

Gusty

Sudden, brief increases in wind speed.

Blustery

Strong and turbulent wind, often making outdoor activities difficult.

Calm

Still air with no significant wind.

General terms

Forecast

A statement of what is judged likely to happen in the future, especially in connection with a particular situation, or the expected weather conditions

Humidity

Humidity is the measure of the water content in our atmosphere. When in high humidity, the air feels thick, almost sticky and moist against the skin.

Drought

An extended period of unusually dry weather when there is not enough rain.

Heat-wave

A heat wave is a period of abnormally hot weather generally lasting more than two days. Heat waves can occur with or without high humidity.

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Heat stroke

Heat stroke is the most serious heat-related illness. It occurs when the body can no longer control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106°F or higher within 10 to 15 minutes

Time

Annual

Happening once every year. Relating to the period of one year

Bi-annual

Biannual can mean two things: occurring once every two years or occurring twice per year. However, **biennial** is a better fit for something once in two years

Belated

Delayed beyond the usual time. existing or appearing past the normal or proper time

Transient

Lasting only for a short period.

Infinity

A concept of time without end.

Timeless

Not affected by the passage of time or changes in fashion.

Era

A long and distinct period of history with particular features.

Immediate

Happening or done at once; without delay.

Instantaneous

Occurring or done in an instant or instantly.

Brief

Lasting for a short time.

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Prolonged

Continuing for a long time or longer than usual.

Temporary

Lasting for a limited time; not permanent.

Permanent

Lasting or intended to last indefinitely.

Timely

Done or occurring at a favorable or useful time.

Delayed

Happening at a later time than expected.

Punctual

Happening or doing something at the agreed or proper time.

Overdue

Not done, paid, or happening by the expected time.

Simultaneous

Happening at the same time.

Sequential

Forming or following a logical order or sequence.

Intermittent

Occurring at irregular intervals; not continuous.

Continuous

Without interruption or end.

Recurring

Happening repeatedly over time.

Words Describing Frequency

Always

At all times; on all occasions.

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Frequently

Happening often or at short intervals.

Regularly

At consistent or predictable intervals.

Occasionally

At infrequent or irregular intervals.

Sometimes

At certain times, but not always.

Rarely

Not often; seldom.

Never

At no time; not ever.

Fortnightly

Happening every two weeks.

Seasonally

Occurring with the changing of seasons.

Occasionally

Happening now and then.

Cultural and Historical Terms

Golden Age

A period of great achievement or prosperity.

Dark Ages

A period of decline or stagnation.

Modern Era

The current or recent period of history.

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Ancient Times

A period long ago in history.

Adverbs of Frequency and Time

Soon

In or after a short time.

Later

At a time in the future.

Now

At the present time.

Then

At that time.

Eventually

In the end, especially after a delay.

Nowadays

At the present time, as opposed to the past.

Recently

At a time not long ago.

Previously

At an earlier time.

Always

At all times.

Forever

For all future time; for always.

Taste Vocabulary

Let's look at words we can use to describe tastes of substances

Sweet

A sugary or honey-like flavor, often associated with desserts and fruits.

Salty

A taste that is rich in salt, often found in snacks and savory dishes.

Sour

A tangy or acidic taste, often found in citrus fruits or fermented foods.

Bitter

A sharp, sometimes unpleasant taste, often associated with coffee, dark chocolate, or certain vegetables like kale.

Umami

A savory, rich, and meaty flavor often found in mushrooms, soy sauce, or aged cheeses.

Savory

A full-bodied, hearty flavor, often associated with non-sweet foods.

Spicy

A hot, pungent flavor caused by spices like chili or pepper.

Tangy

A sharp, zesty flavor, often associated with citrus or vinegar.

Zesty

Bright and full of flavor, often with a citrusy or spicy kick.

Rich

A deep, intense flavor, often associated with creamy or fatty foods.

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Smoky

A flavor reminiscent of food cooked over an open flame or smoked.

Earthy

A taste reminiscent of soil or natural elements, often found in mushrooms or root vegetables.

Buttery

A smooth, rich flavor that resembles butter.

Herbaceous

A fresh, green taste from herbs like basil, parsley, or cilantro.

Nutty

A flavor reminiscent of nuts, often found in browned butter or roasted grains.

Texture-Associated Taste Descriptions

Creamy

Smooth and rich in texture, often associated with dairy products like yogurt or ice cream.

Crispy/Crunchy

A firm texture that makes a sound when bitten into, often associated with fried or baked foods.

Juicy

Containing a lot of natural liquid, often used for fruits or well-cooked meat.

Tender

Soft and easy to chew, often used to describe well-cooked meat or vegetables.

Chewy

A texture that requires a lot of chewing, often associated with candies or certain types of bread.

Negative Taste Descriptions

Bland

Lacking strong flavors; tasteless.

Overpowering

A taste that is too strong and masks other flavors.

Soggy

Lacking crispness, often due to excess moisture.

Cloying

Overly sweet or rich to the point of being unpleasant.

Stale

Lacking freshness, often used for bread or pastries.

Rancid

A spoiled or unpleasant taste, often associated with old oils or fats.

Gamey

A strong, distinctive flavor often associated with wild meat.

Astringent

A dry, puckering taste, often found in unripe fruits or certain wines.

Decadent

Extremely rich and indulgent.

Fruity

Having a flavor or aroma reminiscent of fruit.

Caramelized

A sweet, slightly burnt flavor from sugar cooked at high heat.

Honeyed

A flavor resembling honey; sweet and smooth.

Sugary

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Overly sweet, often to the point of being excessive.

Rancid

Having an unpleasant smell or taste usually from chemical change or decomposition. If food containing fat is rancid, it tastes or smells unpleasant because it is no longer fresh.

Bittersweet

tasting of or being a mixture of bitterness and sweetness

Minty

Tasting or smelling of mint (a herb with a strong, fresh flavour). A taste that mimics the feeling of cold temperature.

Earthy

Reminiscent of fresh soil. Often used to describe red wines, root vegetables, and mushrooms.

Nutty

Any taste similar to the flavors of nuts. Often used to describe cheeses.

Rich

A full, heavy flavor. Often used to describe foods containing cream.

Savory

An umami taste. Often used to describe meaty, earthy foods and broths.

Sharp

A harsh, bitter, or tart taste. Often used to describe acidic foods.

Smoky

A smoky taste is reminiscent of the smell of smoke

Food Vocabulary

Here are some words we use when we talk about, foods, meals, their preparation etc.

Recipe

A set of instructions telling you how to prepare and cook food, including a list of what food is needed for this

Seafood

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Animals from the sea that can be eaten, especially fish or sea creatures with shells.

Tableware

Tableware refers to the dishware and utensils used for setting a table, serving food, and dining. The term includes cutlery, glassware, serving dishes, serving utensils, and other items used for practical as well as decorative purposes.

Grain

A seed or seeds from a plant, especially a plant like a grass such as rice or wheat. Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product.

Dessert

Dessert is a course that concludes a meal. The course consists of sweet foods, such as cake, biscuit, ice cream and possibly a beverage such as dessert wine and liqueur.

Junk food

Junk food is food that contains high levels of fats, salt or sugar, and lacks nutrients such as fibre, vitamins and minerals.

Cuisine

Cuisine is a type of food that is cooked in a specific way based on a culture's ingredients, region, and traditions.

Dairy

A dairy is a place where milk is stored and where butter, cheese and other dairy products are made, or a place where those products are sold. Dairy product, milk and any of the foods made from milk, including butter, cheese, ice cream, yogurt, and condensed and dried milk.

Vegetable

A plant that is used as food, or the part of a plant, such as a root, stem, or flower, that is used as food.

Appearance

In describing appearance, either generally or specifically, here are some words that are used

Attractive

Pleasing to look at; appealing or beautiful.

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Beautiful

Aesthetically pleasing or delightful to the senses.

Handsome

Strikingly attractive, often used for men.

Plain

Simple or ordinary in appearance, not attractive.

Elegant

Graceful and stylish in appearance or manner.

Charming

Delightful or pleasing, often in a subtle way.

Ordinary

Commonplace or not remarkable.

Facial Features

Radiant

Glowing with happiness, health, or beauty.

Wrinkled

Having lines or creases, often due to aging.

Freckled

Marked with small brown spots on the skin.

Rosy

Having a pinkish or reddish color, often associated with health.

Angular

Having sharp, well-defined features.

Round-faced

Having a circular or full face.

Bearded

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Having facial hair, typically on the chin and cheeks.

Body Shape and Size

Slender

Gracefully thin and attractive

Lean

Thin but strong and healthy.

Stocky

Short and solidly built.

Curvaceous

Having an attractively curved shape, often used for women.

Petite

Small and delicate in build.

Bulky

Large and heavy in build.

Athletic

Fit, strong, and muscular.

Lanky

Tall and thin, often with a slightly awkward appearance.

More Words

Scruffy

Untidy and looking a little dirty

(of a man's face) having short, bristly hairs as a result of not having been shaved for a while.

Bald

With little or no hair on the head

Unkempt

Not neat or cared for; messy. Not combed

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Chubby

Plump and rounded. (especially of children) fat in a pleasant and attractive way

Well groomed

Having a neat and pleasant appearance that is produced with care

Debonair

Confident, stylish, and charming (typically used of a man).

Glamorous

If you describe someone or something as glamorous, you mean that they are more attractive, exciting, or interesting than ordinary people or things.

MASTERING BODY LANGUAGE IN PUBLIC SPEAKING

Body language plays a crucial role in public speaking, as it reinforces your message, builds credibility, and engages your audience.

Importance of Body Language in Public Speaking

- **Non-Verbal Communication:** Research shows that a significant portion of communication is non-verbal, making body language a critical element of your presentation.
 - **Audience Perception:** Effective body language makes you appear confident, credible, and approachable.
 - **Message Reinforcement:** Gestures and expressions can emphasize key points, making your speech more memorable.
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Key Aspects of Body Language

A. Posture

- **Stand Tall:** when you stand, keep your back straight, shoulders relaxed, and feet shoulder-width apart. This conveys confidence and authority.
- **Avoid Slouching:** It can make you appear nervous or disengaged.
- **Stay Grounded:** Avoid shifting your weight excessively or pacing aimlessly.

B. Eye Contact

- **Connect with the Audience:** Look at individuals in different sections of the audience to create a sense of inclusion.
- **Avoid Over-Focusing:** Don't fixate on one person for too long
- **Use the 3-Second Rule:** Hold eye contact with a person for 2–3 seconds before moving to another.

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C. Facial Expressions

- **Match Your Emotions:** Smile when appropriate, show concern during serious points, and express enthusiasm to keep the audience engaged.
- **Avoid Blank Expressions:** Neutral or stiff expressions can make you seem uninterested.
- **Be Natural:** Over-exaggeration can appear insincere.

D. Gestures

- **Use Purposeful Gestures:** Align hand movements with your words to emphasize points (e.g., counting on fingers, pointing to visuals).
- **Avoid Fidgeting:** Avoid repetitive or distracting movements like tapping, wringing hands, or adjusting your clothing.
- **Keep Hands Visible:** Don't hide your hands in pockets or behind your back, as it may suggest nervousness or lack of openness.

E. Movement

- **Use the Stage Effectively:** Move with purpose to emphasize transitions or key points. For example, step forward when making an important statement.
- **Avoid Over-Movement:** Constant pacing can distract the audience.
- **Stay Engaged:** Move closer to the audience during interactive moments to create intimacy.

F. Hand Placement

- **Resting Position:** When not gesturing, keep your hands at your sides or gently clasped in front of you.
- **Avoid Defensive Postures:** Crossing arms or keeping hands in pockets can create a barrier between you and the audience.

Techniques to Improve Body Language

A. Practice in Front of a Mirror

- Observe your posture, gestures, and facial expressions.
- Identify and eliminate any distracting habits.

B. Record Yourself

- Watch recordings of your speeches to evaluate your body language.
- Note areas for improvement, such as eye contact or fidgeting.

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C. Receive Feedback

- Ask your teacher, friends or parents to observe and critique your body language during practice sessions.

D. Study Effective Speakers

- Watch videos of great speakers to learn how they use body language effectively.
- Analyze their posture, gestures, and stage movement.

E. Practice Relaxation Techniques

- Use deep breathing to calm nerves and reduce stiff or jerky movements.
- Practice mindfulness to stay present and aware of your body.

Exercises to Enhance Body Language

A. Gesture Mapping

- Practice gestures for key parts of your speech. For example, open palms for welcoming, pointing for emphasis, or mimicking shapes for descriptions.

B. Eye Contact Practice

- Speak to a small group and practice shifting your gaze naturally among them.
- Use the “triangle method” for larger audiences: focus on left, center, and right sections.

C. Facial Expression Matching

- Record yourself reading different emotional scripts (e.g., joyful, serious, excited).
- Compare your expressions with the tone of the message.

D. Movement Practice

- Rehearse moving to different parts of the stage during key transitions in your speech.
- Practice standing still during crucial points to emphasize importance.

Mastering body language requires consistent practice and self-awareness. Over time, effective body language will enhance your confidence, elevate your public speaking skills, and leave a lasting impression on your audience.

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