



Persuasive Speech: Opening Minds to Therapy

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Submitted to Austrie Duarte for COMM-105

Summary

This signature assignment was created as a persuasive speech. With the topic being about wellness, I decided to talk about therapy/counseling and why it is so beneficial. My main goal was not to persuade anyone to necessarily go to therapy. The overall purpose was to get my classmates to have an open mind at the end, if they once did not. I was able to be vulnerable by sharing a personal story.

General Education Connections

Communicate ideas in written, oral, and other modes as appropriate to a situation and audience. | Employ various thinking strategies to develop well-reasoned judgments. | Evaluate sources of information for accuracy, relevance, and reliability. | Cultivate intellectual and ethical practices that promote the wellness of self, community, and environment.

This assignment was really awesome in the sense that I had the freedom to write about anything I wanted. I was allowed the opportunity to speak about a personal story that is really important in my life and would help others understand who I am a little bit better. I was able to speak passionately about something I like without aggressively pushing my point of view. For this particular assignment I didn't want to throw anyone off, I just wanted people to have a different outlook or mindset if they were once closed off. I was able to explore the library and I found some great sources to help support my main points. The sources were also a great way for me to learn new things as well.

Challenges

I am really pleased with how I did overall in my signature assignment. I think I did a really great job with what I wrote as well as how I projected during the actual speech. If there was anything I would've done differently, I would have made some changes to the PowerPoint as well as practiced more so I didn't fidget as much.

Application

This topic of the signature assignment connects closely to my field of study, Speech Pathology. People of all ages have to overcome any mindset they may have towards therapy and once they do they will see how important and beneficial it is to them. This assignment connects to basically any psychology and sociology classes. Therapy helps with the wellness of individuals as well as groups of people. It helps them overcome a lot of obstacles they may be facing in their day-to-day lives. For myself, as I have mentioned before, I was able to speak about a personal story regarding me going to therapy to help my anxiety. I am lucky to be able to attend therapy and it is also really amazing to see how it has helped a lot of people in my life.