



Persuasive Presentation

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Submitted to Siobhan Wright for COMM-105

Summary

For my presentation, I attempted to convince my audience the benefits of mindful meditation for college students. I learned that mindful meditation could reduce stress, anxiety, and depression; improve cognition; and relax the body.

Challenges

The challenges I faced included overcoming speech anxiety and nervous habits, and incorporating more opportunities for audience engagement.

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.

I used a variety of sources, including articles from the library, statistics, and quotes from health professionals about the benefits of mindful meditation. I provided a slide show to illustrate my points, including images of a brain scan.

Application

I gained a great deal of perspective on the importance of maintaining physical and mental health. I will continue to incorporate mindful meditation in my daily life.