

**Removing Vocal Fillers—Teacher’s choice: "Um Day" (Cerebral) or “Call of Duty: Filler Ops!”
(Rambunctious)**

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Student Instructions

The purpose of these directions is to give students a general idea on what to do with this vocal filler exercise, both as a presenter and as an audience member.

As a presenter:

1. Create a one-minute speech based upon the topic that you either chose or were given within the time given to you by your instructor.
2. Quickly write bullet points for this speech on a single notecard or piece of paper.
3. When called upon, go up to the front of the class and perform your speech, avoiding using filler words and watching the timer.
4. If you say a filler word, this will be brought to your attention. Feel free to take a second to compose yourself then continue with your speech while continuing to avoid using further filler words.
5. When your minute speech is over, thank the audience for their time and attention.
6. *Important:* none of this is meant to ridicule you, rather assist your learning in a fun way.

As an audience member:

1. Pay close attention to each presentation.
2. Whenever a presenter uses a filler word, politely but directly bring it to their attention per your instructor’s directions.
3. Make this a fun experience for the presenter/class while also respectful.
4. When the presenter is done clap enthusiastically, this is a difficult task, and they have earned your respect.

A video example of how NOT to treat your fellow students during this exercise:

<https://www.youtube.com/watch?v=6bvPECCshIo>