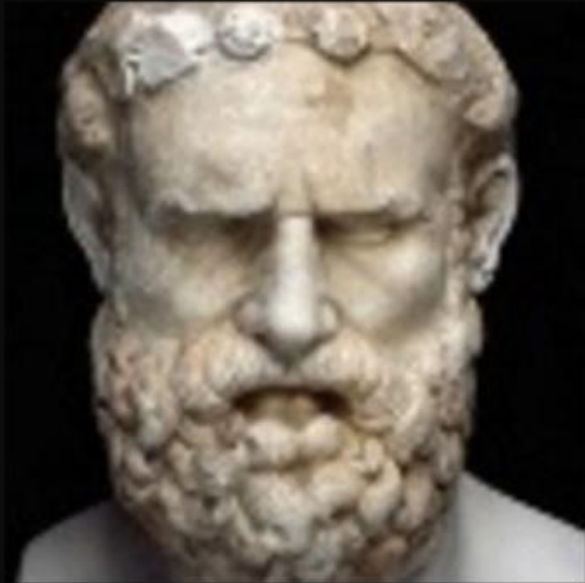




# Limited Prep Coaching for Stoa

Mrs. Win Heggem



We don't rise to the level of our expectations, we fall to the level of our training.

~ Archilochus

AZ QUOTES

# Limited Prep

- ▶ *Apologetics*
- ▶ *Extemporaneous*
- ▶ *Mars Hill*
- ▶ *(Impromptu)*

# Thesis - What it is *NOT*

- ▶ Not a definition
- ▶ Not a fact
- ▶ Not an announcement
- ▶ Not a title
- ▶ Not “cliché”



# Thesis – What it *IS*

A strong thesis IS a...

## **POSITION**

It takes a stand

Expresses an attitude toward the subject

Makes a judgment

Interprets the topic being discusses

## **RESTRICTED**

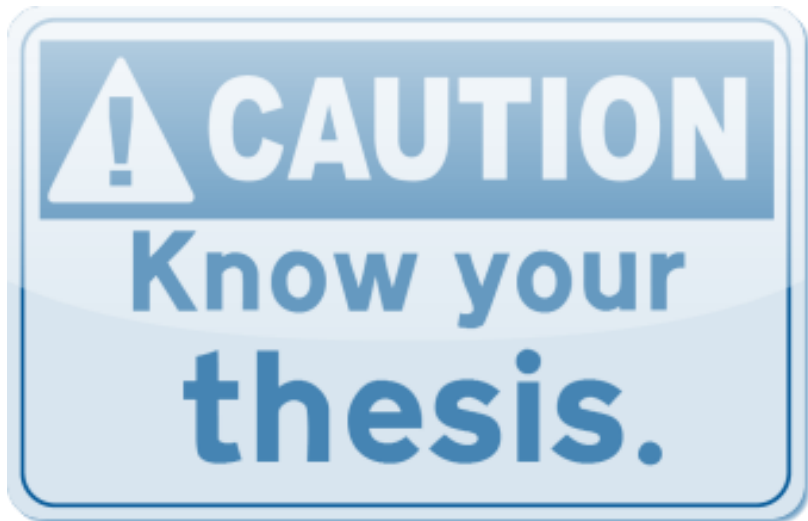
A single statement

Covers a bite-sized issue

## **UNIFIED and SPECIFIC**

Expresses ONE major idea

Not vague or ambiguous



# Mars Hill - Universal Themes

Theme =

an *idea*,  
*distinctive quality*,  
*characteristic*,  
*concern*,  
or *common thread*...



that pervades or recurs in a work of art or literature.



# Aristotle's Outline

For Limited Prep and Platform Speeches

## INTRODUCTION (*"Tell them what you're going to tell them"*)

Attention-getter: *Famous Quotations, Startling Statistics, Recognizable Slogan, Captivating anecdote (story), Riddle or series of Questions*

THESIS: *A clear statement of position or purpose (opinion)*

Roadmap - *preview of main points in the order they will be delivered*

## BODY (*"Tell them"*)

First main point: *Secondary significance + Transition*

Second main point: *Tertiary significance (least impact) + Transition*

Third main point: *Primary significance + Transition*

## CONCLUSION (*"Tell them what you told them"*)

Review of main points

Tie back to thesis

# Templates and Outlines

EXTEMP example: **Three-point organization** (Introduction, Body, and Conclusion)

## A. Introduction

1. **Attention-getter:** a story, quotation or metaphor designed to gain interest and style in the speech
2. **Thesis statement:** a single sentence summary with the answer to the question
3. **Roadmap:** a preview of three points

## B. Body (Using citations from credible sources)

1. Point One
  - Sub-point
  - Sub-point
2. Point Two
  - Sub-point
  - Sub-point
3. Point Three
  - Sub-point
  - Sub-point



**Note:** it is often best to write a thesis AFTER you have established your three main points.

## C. Conclusion

1. **TIE-BACK:** a return to the Attention-getter to tie the speech together
2. **ANSWER:** a reiteration of your answer to the question
3. **SYNTHESIS:** the combination of your three points and why they answer the question.





- II. Body of Speech
- A. Body Point 1
  - B. Body Point 2
  - C. Body Point 3



# Arrangement of **BODY** of speech

## TOPICAL

Sub-topic A (Political Impact)  
Sub-topic B (Social Impact)  
Sub-topic C (Economic Impact)

## CAUSE/EFFECT

Cause	<i>Problem</i>	Need
Cause	<i>Cause</i>	Plan
Effect	<i>Solution</i>	Advantages

## CHRONOLOGICAL *(by time)*

First		Past
Next	or	Present
Last		Future

## JOURNALISTIC

Who  
Where/When  
What

## SPECIFIC to GENERAL - *(e.g., Geopolitical)*

City  
State  
National/International

## BALANCED

Thesis  
Antithesis  
Synthesis

# Template Example for Mars Hill Notes

Topic: \_\_\_\_\_ Year of publication: \_\_\_\_\_

Genre:

Synopsis:

Background/Bio of artist, author, etc.:

Cultural references and connection:

Comparison to Christian themes & Biblical truth:

Impact of worldview:

Overall significance:

# Template Example for Apologetics Cards

Category:	6	Statement	1	2020-01 Student, Name	1
Quran: Surah 28:67, “However, the one who has repented in this life, and believed, and done good deeds may hope to be among those who will achieve salvation.”					
Outline:					
<b>Attention-Getter:</b> A story in the Old Testament of the Holy Bible in a book called Genesis... [tower of Babel reaching toward heaven]					
<b>Topic Question:</b> Today, as I have been asked to analyze and respond to the question in the Quran from Surah 28:67, “However, the one who has repented in this life, and believed, and done good deeds may hope to be among those who will achieve salvation.” I will analyze and respond by saying that this is not the case, for three fundamental reasons...					
<b>Roadmap:</b>					
1) We, as humans, are incapable of doing anything worthy of Salvation.					
2) We don’t have to do good deeds to attain Salvation.					
3) Salvation is a gift from God, not something that can be earned or achieved.					

# P's of Time Management

## Before the Tournament **PREPARE - PRACTICE**

- Create cards (Apol)
- Build binders (Mars Hill)
- Collect articles (Extemp)

## During the Tournament **PLAN**

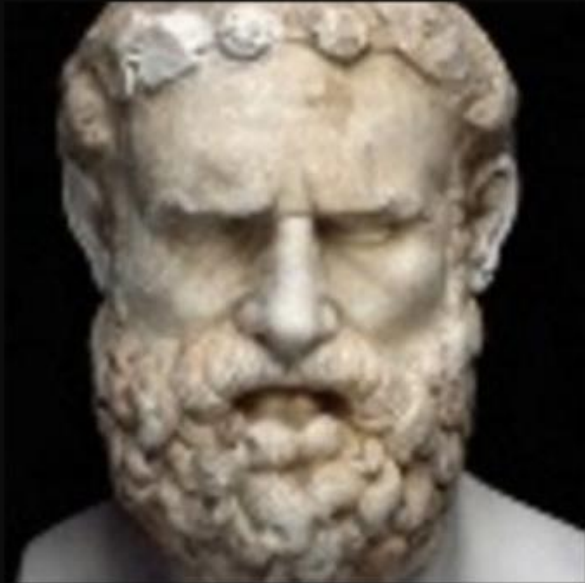
- Manage card boxes, binders, and computers
- Honor tournament schedule - don't be late!

## During Prep time **PACE - PRESENT**

*Example: EXTEMP - Managing 30-minute Prep Time*

- 1 ½-2 minutes = choose question
- 10 minutes = read & skim
- 10 minutes = write speech
- 7 minutes = practice speech





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AZ QUOTES

# How will you practice?

## ▶ Resources

- ❖ Stoa website (NITOC finalist videos)
- ❖ Stoa ballots (How to play WELL)
- ❖ Stoa rules (How to play FAIR)
- ❖ Alumni - e.g., *Split Second Thinking*
- ❖ Read News sources and listen to podcasts



## ▶ Routines

- ❖ Reading aloud - synonym drills
- ❖ Thesis drills
- ❖ Describe scenes and objects
- ❖ Write and practice Personal Story Cards

## Free FOC Resources for Stoa Members

(available until midnight, Saturday, April 4th PDT)



### Platform Speeches

