# Senior Boards

**Contents of this book:**

* Senior Boards Rubric
* Senior Boards speech preparation requirements
* Suggestions to deal with anxiety
* Speech content requirements
* Practice speech form
* Speech delivery information
* Speech language information
* Speech organization information
* Speech professional decorum information

**Checklist for student and parent:**

* Have you given at least one practice speech in front of your classmates?
* Have you timed the speech to be at least eight minutes?
* Have you completed a visual aid to take with you?
* Have you thought carefully about all aspects of your delivery?