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[Literature](#), [Play](#)



[pic] Universiti Tunku Abdul Rahman Session: 2013/01 UJMC2043 Public Speaking Assignment 2: Speech Outline (Individual) Name: Seng Kah Hoe Student I. D.: 08UJB06452 Tutorial Group: T4 Lecturer's Name: Mr. Edwin Soo Kim Seng Tutor's Name: Ms. Khor Gee Khing | | | | B | | | C | | | O | | | L | |

Grading Criteria: | No. | Item | Marks | Remark | | 1. | Introduction | | | | Title | | | | Attention statement | | | | Purpose statement | | | | 2. | Body | | | | 3 main ideas | 9 | | | | 3 supporting details | | | | 3 examples | | | | 3. | Conclusion | | | | Summary statement | 2 | | | | Reinforcement of thesis | | | | 4. | Others | | | | Transitions | 8 | | | | Mechanics | | | | Bibliography | | | | Organisation of ideas | | | | 5. | Language | 5 | See band descriptors below | | | Total (27m) | 27 | | | | Total Percentage (27/27 x 10%) | 10 | | | | Overall Comments: | | | | Mark | Description of criteria | | 5 | Few mistakes, meaning is clearly expressed, sentence structures and vocabulary are varied and used appropriately | | 4 | Some minor mistakes, language is almost always accurate to convey intended meaning, some variation in the use of | | | sentence structures and vocabulary | | 3 | Language is largely accurate but mistakes are evident, especially complex structures, vocabulary is adequate but not | | sufficiently developed | | 2 | Meaning is fairly clear but with high incidence of errors in most aspects, sentence structures and vocabulary are | | limited and inadequate | | 1 | Mostly serious errors which hamper reading, meaning not clear, hardly any accurate sentences |

Format of Speech Outline
| Title: Gaming helps reducing stress and can benefit you | | Introduction | | |
| Attention Statement: As a student, it is common that we all have a lot of stresses. | | Maintaining a high CGPA, assignments, examinations, house works | | and money. What do you do to release your stress? Some would | |

say go for a movie, some said karaoke, some said watch television | | or listen to soothing music. Some even suggested going to | | somewhere peaceful and quiet or sleep. For me, I choose gaming. I | | bet many of you would doubt that this can actually help. Let me tell | | you how it works. | | |

Purpose Statement: To persuade that playing games can actually help reducing stress if | | handled correctly. | | | Transition: Let me start off by telling you how playing video games can help relieving | | your stress. | |

Body | | | Main Idea 1: When it comes to video games, everyone would normally only tell you that | | it is a bad thing because the more you play it, the more addicted you | | will get and it will eventually make you feel more tired. However if | | properly managed, it actually can really help relieving stress. | | | Supporting Idea: Study shows that if we chose to play serene and peaceful game, it can | | help us find the inner peace and harmony. | | |

Example: “ Leela” a game conducted in Sanskrit. It is defined as “ play” in the language. | | The game aims at teaching players in achieving a peaceful and harmonious | | state by using the ancient methods of “ chakra”. This “ chakra” is used to define | | an energy source that leads to an individual’s inner peace. (J. Gaudiosi (2011) | | CNN, Deepak Chopra: How video games and tech can reduce stress) | | | Transition: Next, I will brief you about doing

it in the right way. | | | Main Idea 2: Often think wisely before you picked on a game to play. Play those that not | | only brings you a maximum level of joy, but also benefits. | | | Supporting Idea: Many games available in the market these days only require players | | literally only control their character, shoot or stab and kill opponents | | just for surviving and achieving victory. Games like this actually | | doesn’t bring you any good. It will only

temporarily give you a satisfaction and then when you are starting the next round of the game, where everything need to start all over again would only make you feel fatigue and lifeless. In the end, you will never gain happiness from playing games like this when you're stressed up, it only burdens you more and make your feelings worsen. Example: Counter Strike. The game is famous for its outstanding graphics. However, its gameplay actually only focuses on a team of players controlling the either sides of police and terrorists going against each other. Eliminating the opposing team just to win the game's round. The game does help one develop teamwork skills but other than that, the game has nothing great that the players can learn from. Transition: Last but not least, you might gain some benefits from playing video games as well apart from the ability to relieving your stress. Main Idea 3: When you play a video game, you are often made to think how and what you are supposed to do to solve the quest and move on to the next round. Supporting Idea: Research shown that through video games, players would be given obstacles and puzzles. In order to succeed it, they would need a strategy. Hence through this, it actually helps developing the player's critical thinking and problem solving skills. (Ivywise Blog (2012) (as cited in Dr. J. McGonigal, Reality is Broken) Example: Wood Block, a mobile phone game. The game offers users different patterns of woods blocking each other in a compact space. The goal of the game is that players would need to make a way for a piece of tiny wood to pass through in order to get to the next level. This actually helps the players to develop a better critical thinking and problem solving skills as they work their brains more, they

would be more curious about how they could work out on a better | | strategy. | | | Transition: With that being said, we are coming into a conclusion. | | Conclusion | | | Summary Statement: As you are now told, we cannot look at video games only at its | | negative sides. It can help relieving a person's stress if the method is right and | | it can also bring you benefits. | | | Reinforcement of Thesis: I am not giving everyone the wrong perception of you should | | play video games whenever you want to relieve your stress | | though. However, if video games can not only provide you the | | fun you need while you might also get benefits from it instead, | | why not give it a try? Try it to release your stress. Remember, | | play smart not play hard. | | References: | | | | | | J. Guloisi, (2011). CNN. Deepak Chopra: How video games and tech can reduce stress. Retrieved from | | <http://edition.cnn.com/2011/TECH/gaming.gadgets/07/28/deepak.chopra.leela/index.html> | | | Ivywise Blog, (2012) (as cited in Dr. J. McGonigal, Reality is Broken). Retrieved from | | <http://blog.ivywise.com/blog-0/bid/138115/Video-Games-Can-Make-You-Smarter> |