

Essay on how speaking and listening changed my life

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If people did not talk to me, I neither spoke nor even throw them a glance. I would walk fast in order to avoid having conversations with anyone. Some even thought that there was something wrong with me. However, the truth of the matter is that I have always been a shy kid. Growing up, I played either by myself or with my siblings and cousins only. I seldom went out to play with the neighborhood kids, thus, they never really knew me as a person. Making friends was such an ordeal for me and class recitations at school felt like torture.

Then my Third Grade teacher gave us an assignment. In English class, we were required to bring something that reminded us of our summer vacation, something similar to a "show and tell" activity. When I went home, I asked my Mama what I could bring to class. She gave so many suggestions such as my toy car, my drawings, and my swimming gear. I did not like any of those because for me, those were not special enough to describe how much I enjoyed the previous summer. Throughout dinnertime, we talked about the assignment. Even my siblings joined in the discussion and still, I could not think of anything to share in class. Then father asked me, "What is your most memorable activity last summer, something that you would like to do again and again?" That is when it hit me. I knew what I wanted to bring for "show and tell".

I remembered the times we spent at the beach and ran to my room to get the "something" that reminded me of summer. I came back with my blue, red, and yellow kite. The times we flew the kite as high as it could go reminded me of how much I wanted to ride it so it could bring me to the skies above and touch the clouds. As the kite soared higher and higher, the

more I wanted to feel the clouds in my bare hands. For the first time in my Third Grade days, I felt confident and excited to go to school.

As the kids began their stories, I observed how my other classmates looked like. Some were eagerly raising their hands for a chance to share their stories. Some looked as timid as I was. I realized that I was not the only one who felt shy about talking and being in front of the class. I listened intently at my classmates' stories and learned that Marco spent his summer with his grandparents. Cristina had a new baby sister and brought a picture of her carrying her sister. Joshua studied painting that summer and brought his masterpiece, his brother on a bicycle at the park. It dawned on me that through listening, I slowly got to know my classmates and what their interests were.

When it was my turn to share my story, my classmates could barely hear my voice as again, embarrassment almost overcame me. My teacher prodded me to speak louder and as I shared my story, I told them how I ran on the beach with my kite flying as high as it would go. I told them how I almost hit a flying bird and how much I wanted it to reach the clouds. I saw how mesmerized my classmates were as I told them my adventures with my kite. This changed my perspective in speaking in front of the class because I slowly felt confident as my shyness gradually vanished.

That simple exercise became the turning point of my life. I realized that speaking in front of the class was not scary at all. In fact, it can be an enjoyable experience especially if you know what you are talking about. In addition, it gave me an avenue to learn more about other people. It made me more attentive to what other people was saying, thus, resulting to

effective communication among us.

Since then, I have developed a system on how not to be scared when I have to present in front of many people. I realized that I should have thorough understanding of the subject matter if I want to talk confidently about the topic. In addition, it helps to prepare an outline so as not to forget the important points that need to be discussed. I also tried to rehearse in front of the mirror and because of it, I am able to improve my speech and my stance while speaking. It also helped that I practice in front of others as the ideas become more solid in my mind.