

VIRTUAL PUBLIC SPEAKING WORKSHOP

# SPEAK UP, VA FFA!

12/16/2025



**01. Basics**

**02. Time Map**

**03. Universal Skills**

**04. Creed**

**05. Prepared**

**06. Extemp**

**07. Taking Action**

**08. Survey**

# CREED PUBLIC SPEAKING

*7<sup>th</sup>-9<sup>th</sup> Grade*

Presentation of The FFA Creed

Answer 3 questions in less than 5 minutes

# PREPARED PUBLIC SPEAKING

*Junior Division 7th-9th Senior Division 10th-12th*

Presentation of a 6-8 Minute Speech

Answer up to 5 minutes of Questions

# EXTEMPOРАNEOUS PUBLIC SPEAKING

*7th-12th Grade*

Presentation of a 4-6 Minute Speech

Answer up to 5 minutes of Questions

01. Basics

02. Time Map

03. Universal Skills

04. Creed

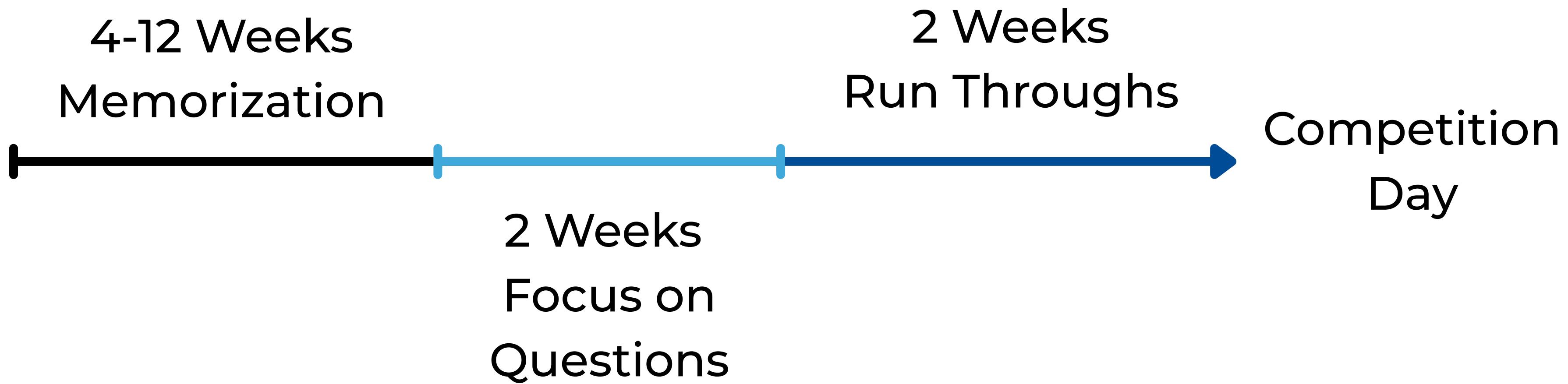
05. Prepared

06. Extemp!

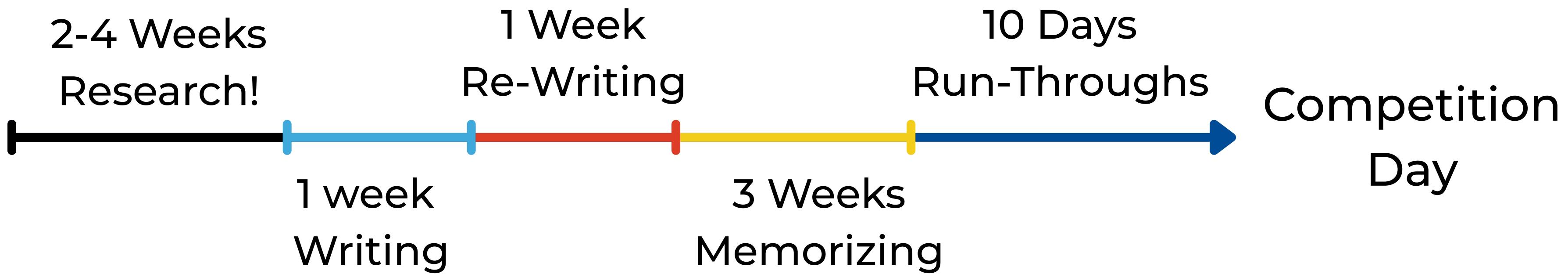
07. Taking Action

08. Survey

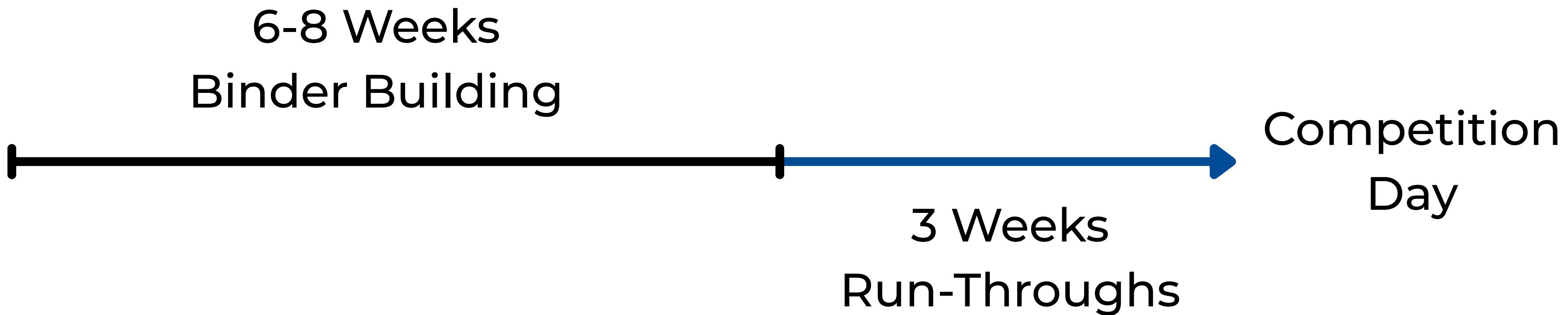
# CREED TIMEMAP



# PREPARED TIMEMAP



# EXTEMP TIMEMAP



**01. Basics**

**02. Time Map**

**03. Universal Skills**

**04. Creed**

**05. Prepared**

**06. Extemp**

**07. Taking Action**

**08. Survey**

# GEORGIA GRADY

*Virginia FFA State Treasurer*

**“BELIEVE IN  
YOURSELF”**



# HOW TO ANSWER QUESTIONS

Point

Reason

Example

Point

# WHY IS PUBLIC SPEAKING IMPORTANT?

Point

Reason

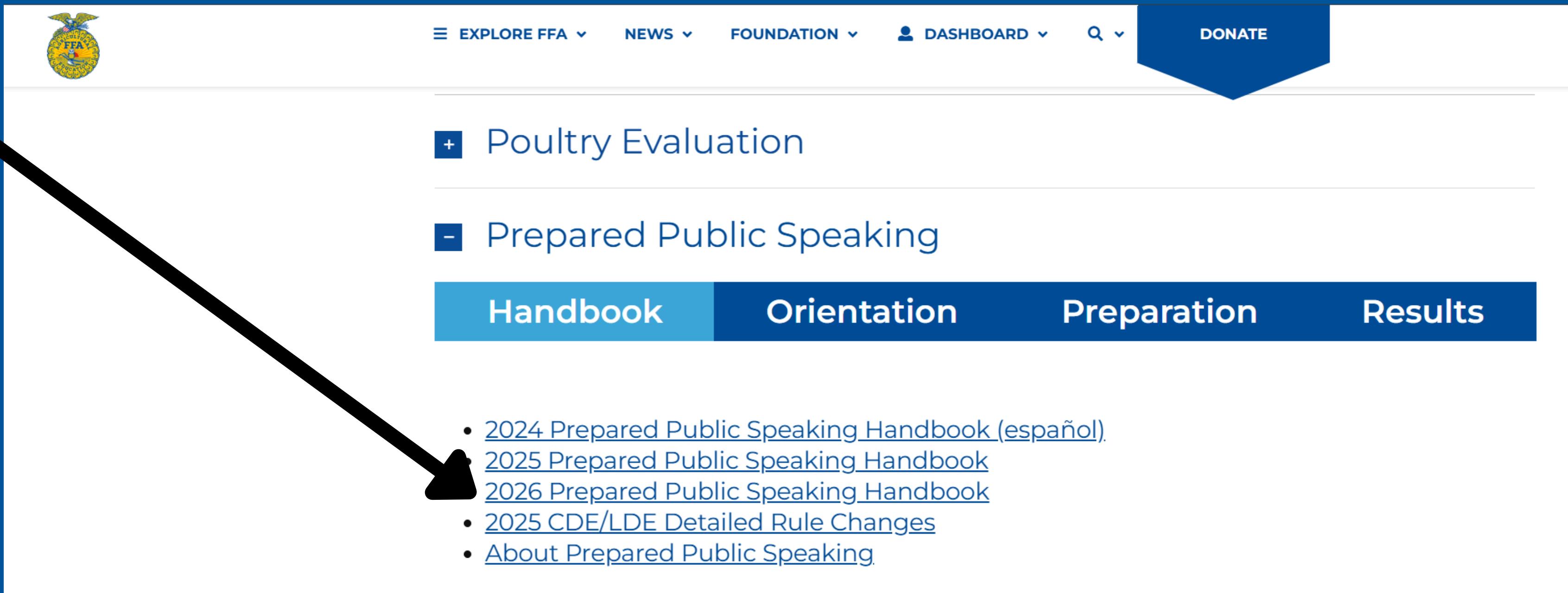
Example

Point

Public speaking is important in FFA because it helps develop a strong work ethic. This work ethic can be applied to any part of students' lives. For example, I competed in Prepared Public Speaking during my junior year. I worked hard by receiving numerous peer reviews and improving my speaking skills. I was able to apply this mentality to band, and I began to place well in auditions using the same mindset. Public Speaking in FFA is important because it develops students' work ethic in every part of their lives!

# THE MANUAL

Go to <https://www.ffa.org/participate/cde-lde/>  
Or look up “FFA LDE”



The screenshot shows the FFA website's navigation bar with links for EXPLORE FFA, NEWS, FOUNDATION, DASHBOARD, a search bar, and a DONATE button. Below the navigation, under the 'Prepared Public Speaking' section, the 'Handbook' tab is highlighted in blue, while 'Orientation', 'Preparation', and 'Results' are in white. A large black arrow points from the text above to the 'Handbook' tab. Below the tabs, a list of links includes:

- [2024 Prepared Public Speaking Handbook \(español\)](#)
- [2025 Prepared Public Speaking Handbook](#)
- [2026 Prepared Public Speaking Handbook](#)
- [2025 CDE/LDE Detailed Rule Changes](#)
- [About Prepared Public Speaking](#)

# THE MANUAL

Attention (eye contact)	<ul style="list-style-type: none"> <li>• Eye contact constantly used as an effective connection.</li> <li>• Constantly looks at the entire audience (90–100% of the time).</li> </ul>	<ul style="list-style-type: none"> <li>• Eye contact is mostly effective and consistent.</li> <li>• Mostly looks around the audience (60–80% of the time).</li> </ul>	<ul style="list-style-type: none"> <li>• Eye contact does not always allow connection with the speaker.</li> <li>• Occasionally looks at someone or some groups (less than 50% of the time).</li> </ul>		X 20	
Mannerisms	<ul style="list-style-type: none"> <li>• Does not have distracting mannerisms that affect effectiveness.</li> <li>• No nervous habits.</li> </ul>	<ul style="list-style-type: none"> <li>• Sometimes has distracting mannerisms that pull from the presentation.</li> <li>• Sometimes exhibits nervous habits or ticks.</li> </ul>	<ul style="list-style-type: none"> <li>• Has mannerisms that pull from the effectiveness of the presentation.</li> <li>• Displays some nervous habits — fidgets or anxious ticks.</li> </ul>		X 20	
Gestures	<ul style="list-style-type: none"> <li>• Gestures are purposeful and effective.</li> <li>• Hand motions are expressive and used to emphasize talking points.</li> <li>• Confident posture with positive body language.</li> </ul>	<ul style="list-style-type: none"> <li>• Usually uses purposeful gestures.</li> <li>• Hands are sometimes used to express or emphasize.</li> <li>• Occasionally slumps; sometimes negative body language.</li> </ul>	<ul style="list-style-type: none"> <li>• Occasionally gestures are used effectively.</li> <li>• Hands are not used to emphasize talking points; hand motions are sometimes distracting.</li> <li>• Lacks positive body language; slumps.</li> </ul>		X 20	
Well-poised	<ul style="list-style-type: none"> <li>• Extremely well-poised.</li> <li>• Poised and in control at all times</li> </ul>	<ul style="list-style-type: none"> <li>• Usually well-poised.</li> <li>• Poised and in control most of the time; rarely loses composure</li> </ul>	<ul style="list-style-type: none"> <li>• Isn't always well-poised.</li> <li>• Sometimes seems to lose composure.</li> </ul>		X 20	

# FINALS HALL

Go to <https://www.ffa.org/participate/cde-lde/>  
Or look up “FFA LDE”

- Extemporaneous Public Speaking

**Handbook**

**Orientation**

**Preparation**

**Results**

[Past Topics](#)

[Finals Videos](#)

- [Extemporaneous Public Speaking Poster](#)
- [Educator Resource – Speaking LDEs](#)
- [Preparing Materials for the Extemporaneous Speaking Event](#)

# ARTIFICIAL INTELLIGENCE

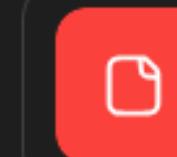
Good

- Generating Question Ideas
- Generating Structure

Bad

- Any form of writing
- Generating Structure Ideas and Statistics for Extemporaneous

# ARTIFICIAL INTELLIGENCE



\_Prepared Public Speaking 2024.pdf  
PDF

Can you generate me 10 questions a judge might ask  
based on this FFA Prepared Public Speaking Questions

Here are **10 judge-style questions** based directly on your speech content, structure, data, and claims. These reflect the kinds of clarifying, analytical, and application questions a Prepared judge would realistically ask:

---

## 10 Potential Judge Questions

1. You compare compassion fatigue to a ↓ dator creeping up on veterinarians. In your research, what did you find to be the *primary root cause* of compassion

# ALLI PHILIPS

*Virginia FFA State Reporter*

“PASSION BEFORE  
PERFECTION”





Where I Was

Where You Are



Where You Could Be



**01. Basics**

**02. Time Map**

**03. Universal Skills**

**04. Creed**

**05. Prepared**

**06. Extemp**

**07. Taking Action**

**08. Survey**

**CREED IS SO MUCH  
MORE THAN JUST  
MEMORIZATION; IT IS  
ALL ABOUT MEANING**

# HOW TO FIND MEANING

01.

Have a conversation with an **advisor or friend** on the importance of each paragraph. Ask what it means to them, then **connect** it to your FFA experiences, home experiences, and any connection to agriculture.

02.

Phrase Translation! Choose a phrase, like “In producing and marketing the product of our toil”. Then translate it to emojis, your own words, or a story!

# MEMORIZATION TECHNIQUES

01.

Print the Creed out, and put it on your mirror. Work on it when you are brushing your teeth!

02.

Record yourself saying a section, then listen back to it often.

03.

Write a phrase down three times, say it out loud three times while reading, and finally say it out loud three times.

04.

Say a paragraph, then take a step back. Take slow steps back every time so your vision forces you to rely on what you know.

# Feeling Prepared for Questions

**01.**

Know the ins and outs of your SAE.

**02.**

Reflect on FFA leadership experiences. Remember leadership is not a position, it is how you treat others!

**03.**

Stay up to date on 1-3 relevant agricultural issues. Know how it effects you, FFA, and your community.

**01. Basics**

**02. Time Map**

**03. Universal Skills**

**04. Creed**

**05. Prepared**

**06. Extemp**

**07. Taking Action**

**08. Survey**

# Properly Formatted Manuscript

## *Manuscript requirements*

- Formatted to fit 8 1/2 x 11-inch paper, double-spaced with a 1-inch margin.
- Cover page includes the speech title, participant's name, state, and year.
- 12-point size, using Times New Roman, Cambria, Arial or Calibri font.
- References and in-text citations documented.
- A reference list at the end of the manuscript, which provides the information necessary for a reader to locate and retrieve any source cited in the body of the manuscript. Each source cited in the manuscript should appear in the reference list; likewise, each entry in the reference list should be cited in the manuscript text.
- Manuscripts not meeting these guidelines will be penalized, per the Manuscript Content and Composition Rubric.
- A signed Statement of Authenticity.

# Properly Formatted Manuscript

Harvesting Hope

Franco Abud

Courtland FFA

Virginia

2024

I certify that all materials presented here are of my own creation and that any work adopted from  
other sources is duly cited and referenced as such. — Franco Abud

# Properly Formatted Manuscript

Fight of the Century

*Overcoming H5N1 Avian Influenza*

Cameron Addington

Minnesota FFA

2024

To whom it may concern:

I certify that all materials presented here are of my own creation and that any work adopted from  
other sources is duly cited and referenced as such.



Cameron Addington

Cannon Falls FFA Chapter

Minnesota FFA Association

# Properly Formatted Manuscript

## *Manuscript requirements*

- Formatted to fit 8 1/2 x 11-inch paper, double-spaced with a 1-inch margin.
- Cover page includes the speech title, participant's name, state, and year.
- 12-point size, using Times New Roman, Cambria, Arial or Calibri font.
- References and in-text citations documented.
- A reference list at the end of the manuscript, which provides the information necessary for a reader to locate and retrieve any source cited in the body of the manuscript. Each source cited in the manuscript should appear in the reference list; likewise, each entry in the reference list should be cited in the manuscript text.
- Manuscripts not meeting these guidelines will be penalized, per the Manuscript Content and Composition Rubric.
- A signed Statement of Authenticity.

# Properly Formatted Manuscript

- APA Format
- In-text citations following a statistic
- Purdue Owl and your English Teacher are GREAT Resources

## References

American Association of Veterinary Medical Colleges. (2022, July 1). *AAVMC Statement on U.S. Veterinary Workforce*. American Association of Veterinary Medical Colleges.  
<https://www.aavmc.org/wp-content/uploads/2022/07/AAVMC-Statement-on-Workforce-July-2022.pdf>

Eisenreich, R., & Pollari, C. (2021, February 1). *Addressing Higher Risk of Suicide Among Farmers in Rural America*. Natural Rural Health Association.  
[https://www.ruralhealth.us/NRHA/media/Emerge\\_NRHA/Advocacy/Policy%20documents/NRHA-Policy-Brief-Increases-in-Suicide-Rates-Among-Farmers-in-Rural-America.pdf](https://www.ruralhealth.us/NRHA/media/Emerge_NRHA/Advocacy/Policy%20documents/NRHA-Policy-Brief-Increases-in-Suicide-Rates-Among-Farmers-in-Rural-America.pdf)

Farm Bureau. (2020, February 1). *Farm State of Mind*. Farm Bureau.  
<https://www.fb.org/initiative/farm-state-of-mind>

# Need Some Examples?

- Prepared Public Speaking

**Handbook**

**Orientation**

**Preparation**

**Results**

[Past Top Manuscripts](#)

- [Finals Videos](#)
- [Educator Resource – Speaking LDEs](#)
- [“Giving Great Speeches with these 5 Tips” \(article, pg 10\)](#)
- [Give Great Speeches Lesson](#)

# CHOOSING A TOPIC

Topic does not equal speech topic!

Find what you are passionate with using a mind map

Get a few interviews to find deeper-rooted issues. Ask what they would do!

Ensure it is agriculturally related and informative, but choose a side.

# PARTS OF A SPEECH

---

Introduction  
+ Thesis

Body with  
information

Counterargument  
and Rebuttal

Conclusion +  
optional call to  
action

# WRITING OUR SPEECH

Research! Farm Bureau, 2-5 personal interviews.

Get that peer reviewed, rewrite, then add an introduction and conclusion (with its length being in relation to time).

Write in this order  
Thesis, Body, Counter Argument, Rebuttal

Get everything peer reviewed, including APA Check.

# PRESENTING OUR SPEECH

Record yourself to figure out nervous habits, talking speed, and authenticity!

If using note cards, try to be minimal. Write the first sentence and last sentence of each paragraph on a card.

Be passionate. The judges care, they want to see how much you care.

Practice nerves by doing mock presentations in front of people who make you nervous.

**01. Basics**

**02. Time Map**

**03. Universal Skills**

**04. Creed**

**05. Prepared**

**06. Extemp**

**07. Taking Action**

**08. Survey**

# CREATING BINDERS

**01.**

You can bring up to 5 binders into the preparation room

**02.**

They can each be 100 pages of printed sources.

**03.**

They can include Farm Bureau articles, AgDaily, ect.

# OPTIONAL SPEECH STRUCTURE

01.

**Introduction:** Contextualization for your speech! An optional universal introduction that addresses a common theme.

**Thesis:** Directly answer the question in 1 sentence

02.

**Body:** 2 to 3 paragraphs. One can be used to explain a complex agricultural topic. I structured it as:  
Topic sentence, Explanation, Address the thesis, Address the question, and Address the world!

03.

**Conclusion:** Restate thesis and body paragraphs.  
End with a passionate call to action!

# THINK SHEET

**1: Rewrite the Questions Directly**

**2: Rewrite the questions in your own words**

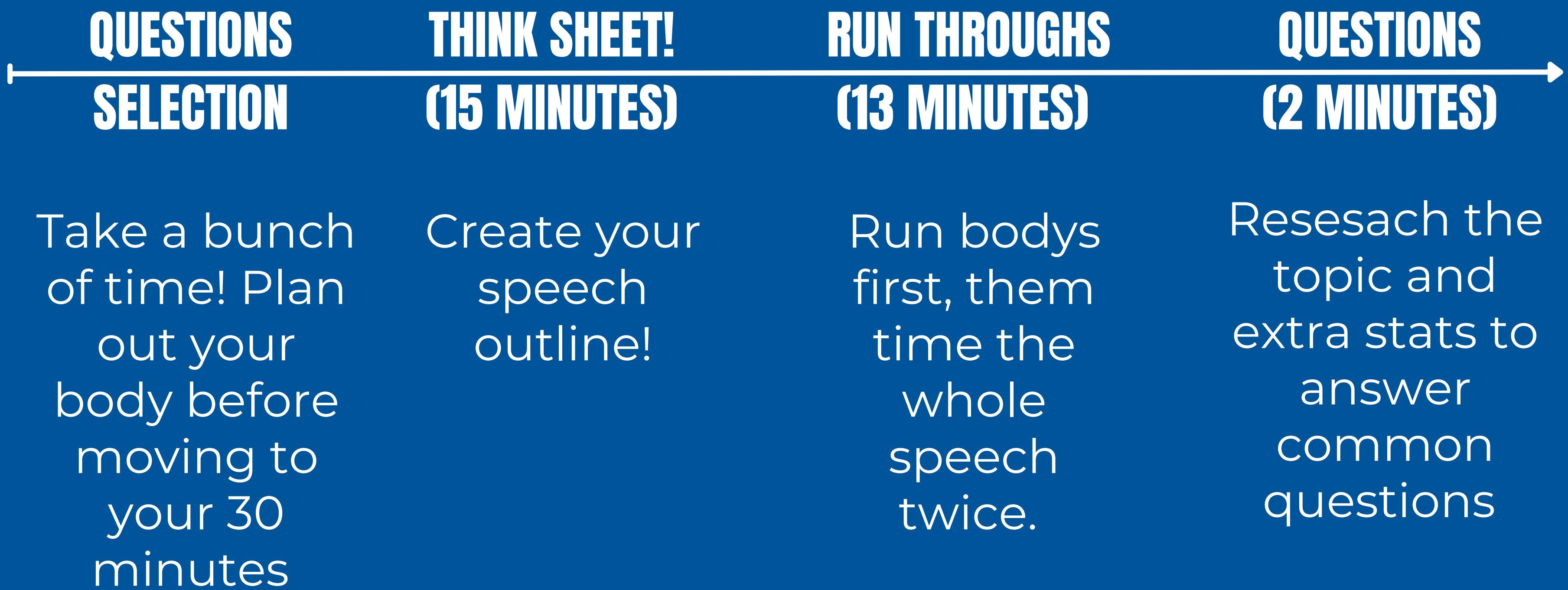
**3: Create thesis that answers questions directly**

**4a, 4b, 4c: Plan out body paragraph statistics + stories**

**5a: Plan introduction**

**5b: Plan Conclusion**

# PREPARING THOSE 30 MINUTES



# HOW DO I PRACTICE?

## Speed Think Sheets!

Set a 10-minute timer and draw a random topic. Create a think sheet. Save your sources and print them out. Once you create it, spend a few minutes researching all the new body paragraphs. Use this to fill your binders with research.

Full Run Through  
Record yourself! Get mentors or friends to ask questions after every run through!

**01. Basics**

**02. Time Map**

**03. Universal Skills**

**04. Creed**

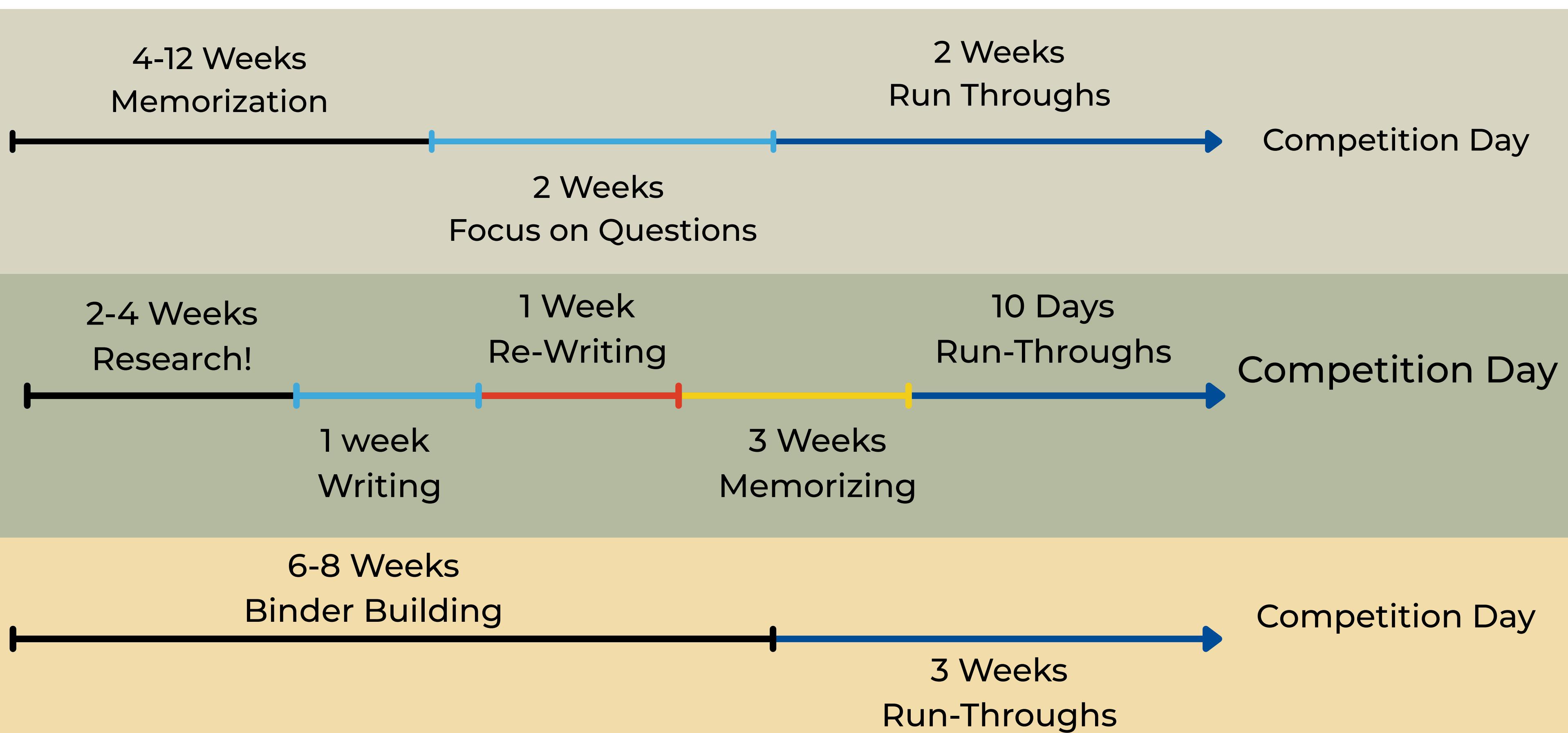
**05. Prepared**

**06. Exempt!**

**07. Taking Action**

**08. Survey**

# TIMEMAPS



**01. Basics**

**02. Time Map**

**03. Universal Skills**

**04. Creed**

**05. Prepared**

**06. Extemp**

**07. Taking Action**

**08. Survey**



VIRTUAL PUBLIC SPEAKING WORKSHOP

# QUESTIONS & ANSWER

12/16/2025



VIRTUAL PUBLIC SPEAKING WORKSHOP

# THANK YOU

12/16/2025



# CREED PUBLIC SPEAKING

*7<sup>th</sup>-9<sup>th</sup> Grade*

Small Group

# FINDING MEANING IN THE CREED

Own Words

Story

Emojis

Talk it Out

I believe in the future of agriculture,  
with a faith born not of words but of deeds –

achievements won by the present and past  
generations of agriculturists;

in the promise of better days through better ways,

even as the better things we now enjoy have come  
to us from the struggles of former years.

**RESEARCH WITH AMERICAN FARM BUREAU**

**HOW WOULD YOU EXPLAIN THE ISSUE IN YOUR OWN  
WORDS?**

**HOW IS THIS AFFECTING FARMERS AND FFA?**

**WHAT SOLUTIONS ARE AVAILABLE?**

**WHO CAN YOU INTERVIEW TO SEE THE ISSUE FIRST-  
HAND?**

# PREPARED PUBLIC SPEAKING

*Junior Division 7th-9th Senior Division 10th-12th*

Small Group

MY PREPARED PUBLIC SPEAKING  
TOPIC COULD BE ABOUT .....  
BECAUSE .....”

# EXTEMPORANEOUS PUBLIC SPEAKING

*7th-12th Grade*

Small Group

**RESEARCH WITH AMERICAN FARM BUREAU**

**HOW WOULD YOU EXPLAIN THE ISSUE IN YOUR OWN  
WORDS?**

**HOW IS THIS AFFECTING FARMERS AND FFA?**

**WHAT SOLUTIONS ARE AVAILABLE?**

**WHO CAN YOU INTERVIEW TO SEE THE ISSUE FIRST-  
HAND?**

# THINK SHEET PRACTICE

HOW CAN FARMERS AND RANCHERS  
ACROSS THE COUNTRY HELP BRIDGE THE  
GAP BETWEEN THE  
CONSUMERS AND THE FARM?

# THINK SHEET

## 1: Rewrite the Questions Directly

**How can farmers and ranchers across the country help bridge the gap between consumers and the farm?**

# THINK SHEET

**2: Rewrite the questions in your own words**

**How can F&R educate consumers about how farms actually  
operate?**

# THINK SHEET

## 4a: Farmers' Markets

- How I talk to farmers at my local farmers' market
- Over 10,000, especially in urban areas

## 4b: Farm to School Program

- USDA program that connects local agriculture to students, for example, field trips.
- I went to the pumpkin patch in 2<sup>nd</sup> grade.

# THINK SHEET

## 3: Thesis that answers questions directly

**Farmers and Ranchers can use Farmers' Markets and Farm to School Programs to bridge the gap between consumers and the farm by giving first-hand accounts of their operation.**

# THINK SHEET

**5a: Talk about the story of how working in agriculture and seeing it firsthand educated me.**

**5b: Seeing agriculture can inspire others to advocate for it just like how it inspires me to advocate for it every day, whether it is at schools as a state officer or by talking to local farmers.**

12/16/2025

EXEMPT SMALL GROUP

**SPEAK UP, VA FFA!**

**FFA**

01.

## Engaged Research

02.

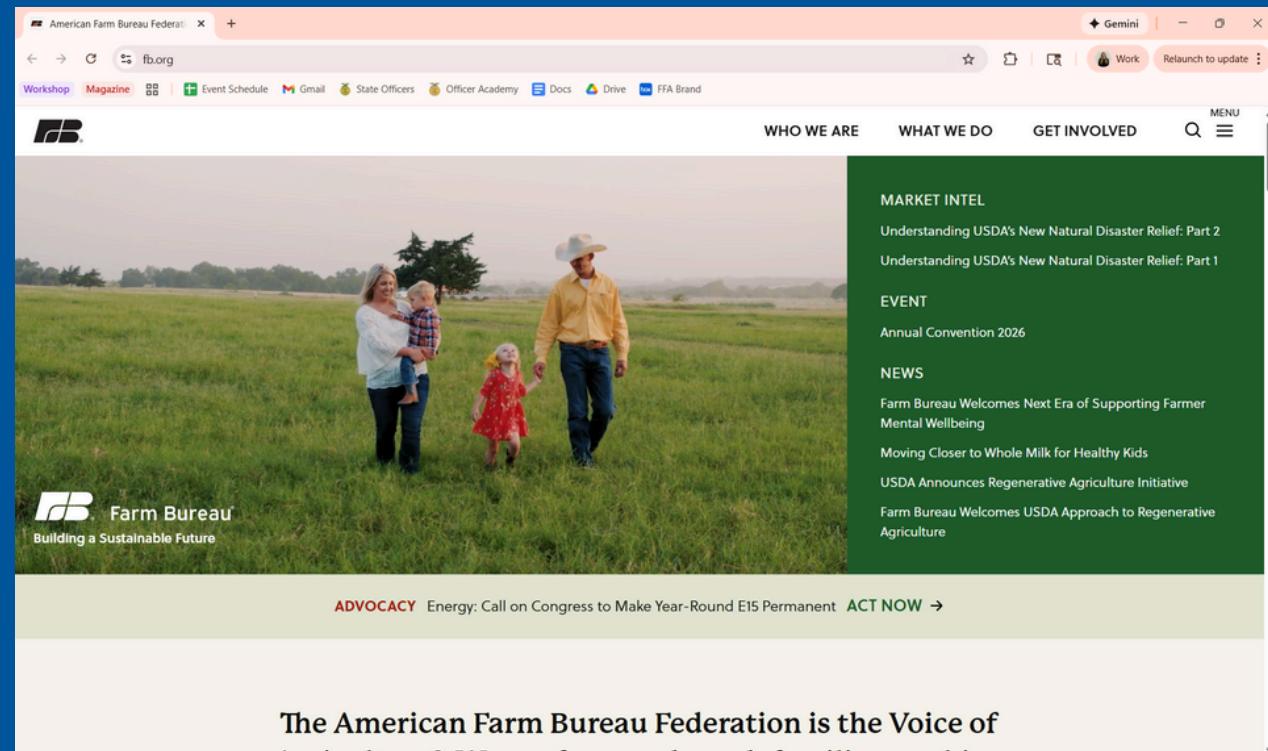
## Building a Support Group

03.

## Think Sheet In Action

# ENGAGED RESEARCH

Engaged research is a necessity to a good speech! The Farm Bureau website is a good resource because they actually create the questions.



# PRACTICING ENGAGED RESEARCH

01.

Go to <https://www.fb.org/> and scroll down to the bottom of the webpage, and under issues, click “view all.”

02.

We’re all going to pick one issue that we don’t know a lot about and spend some reading the article and learning about the issue.

03.

Finally, we’re going to answer the following questions:

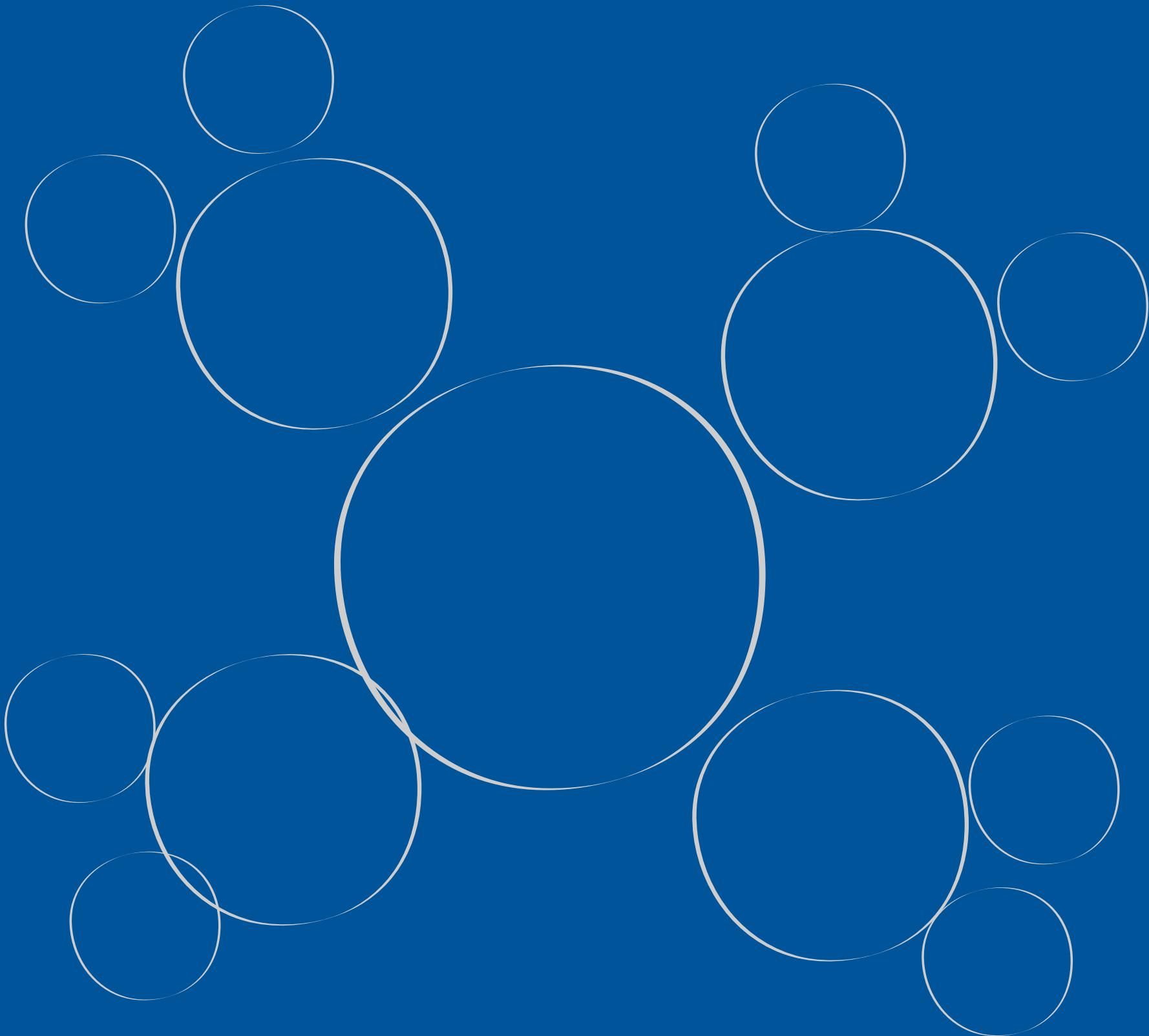
1. How would you explain the issue in your own words?
2. How is this affecting farmers?
3. How is this affecting FFA?
4. How can you work towards solutions?
5. Who can you interview to see the issue first hand?

**01. Engaged Research**

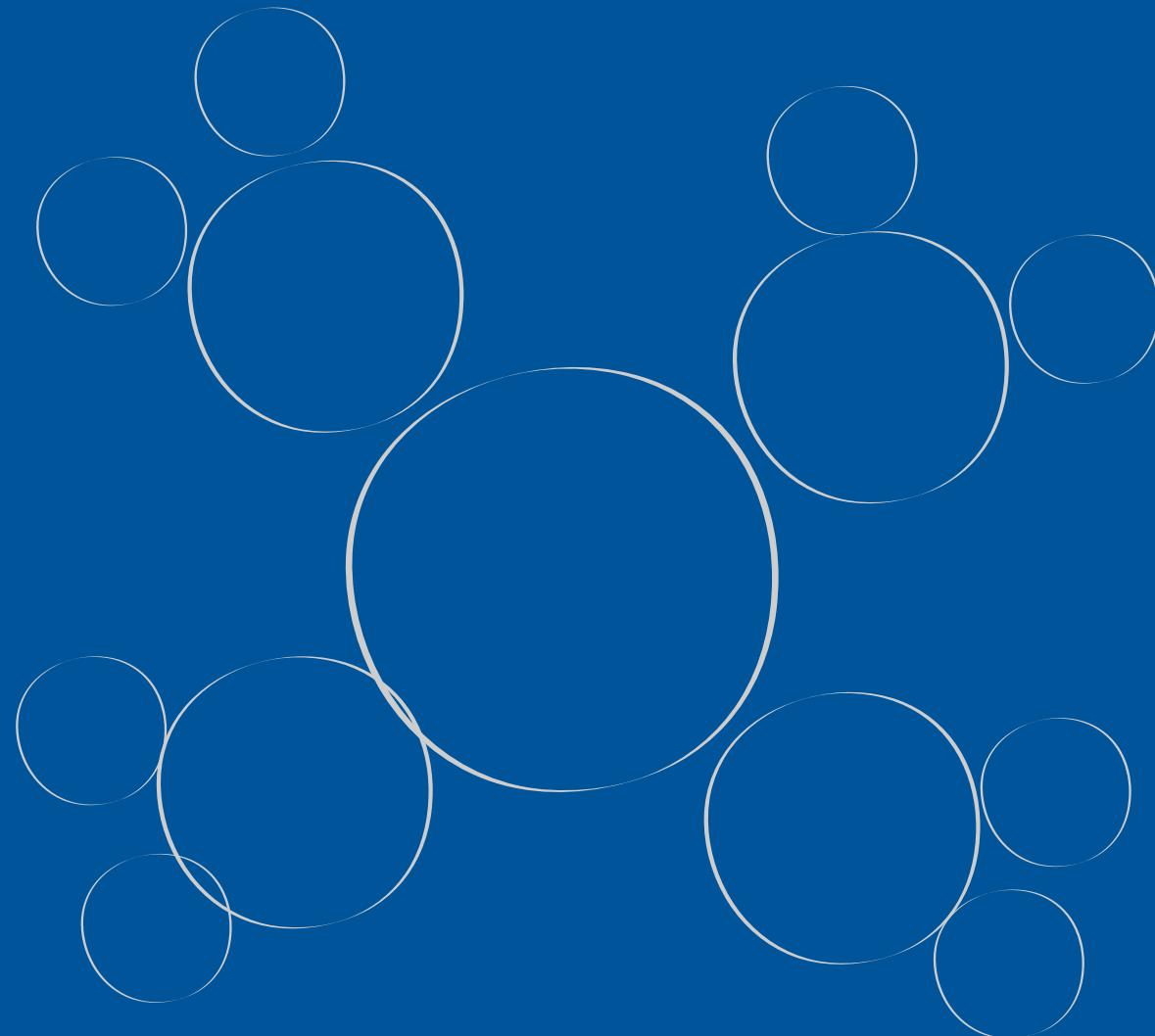
**02. Building a Support Group**

**03. Think Sheet in Action**

# BUILDING A SUPPORT GROUP: MIND MAP



# PEOPLE TO INCLUDE ON YOUR MIND MAP



Your ag teacher, a State Officer, or someone who previously competed in this competition are all good examples of possible people to include on your mind map.

---

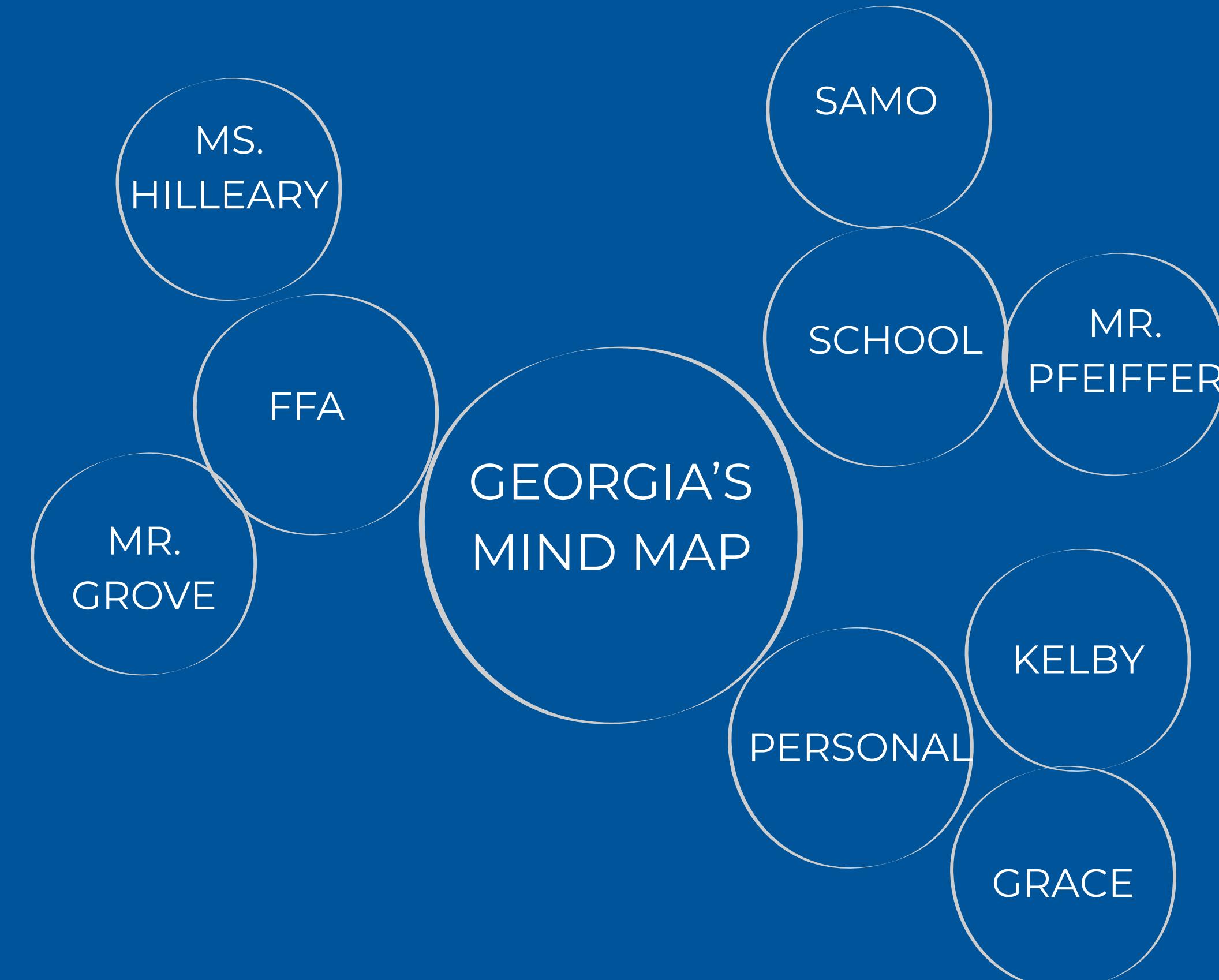
People from your school such as your favorite teachers, your coaches, or any other adult who you think will help support you is a good idea.

---

People from your personal life such as your parents, family, and friends are excellent people to include on your mind map because they want the best for you

EVERYONE'S MIND MAP WILL LOOK DIFFERENT SO MAKE YOURS PERSONAL TO YOU!

# MY MIND MAP



# TIME TO CREATE YOUR OWN MIND MAP!

**01.**

Grab a piece of paper and a pencil and draw a circle in the middle with your name in it

**02.**

Draw three circles- one with “FFA” in it, one with “school” in it, and one with “personal” in it.

**03.**

Fill these circles with people that you can ask for advice!

**01. Engaged Research**

**02. Building a Support Group**

**03. Think Sheet In Action**

# THINK SHEET PRACTICE

HOW CAN FARMERS AND  
RANCHERS ACROSS THE  
COUNTRY HELP BRIDGE  
THE GAP BETWEEN THE  
CONSUMERS AND THE  
FARM?

# THINK SHEET

## 1: Rewrite the Questions Directly

**How can farmers and ranchers across the country help  
bridge the gap between consumers and the farm?**

# THINK SHEET

**2: Rewrite the questions in your own words**

**How can F&R educate consumers about how farms  
actually operate?**

# THINK SHEET

## 4a: Farmers' Markets

- How I talk to farmers at my local farmers' market
- Over 10,000, especially in urban areas

## 4b: Farm to School Program

- USDA program that connects local agriculture to students, for example, field trips.
- I went to the pumpkin patch in 2<sup>nd</sup> grade.

# THINK SHEET

## **3: Thesis that answers questions directly**

**Farmers and Ranchers can use Farmers' Markets and**

**Farm to School Programs to bridge the gap between**

**consumers and the farm by giving first-hand accounts**

**of their operation.**

# THINK SHEET

**5a: Talk about the story of how working in agriculture and seeing it firsthand educated me.**

**5b: Seeing agriculture can inspire others to advocate for it just like how it inspires me to advocate for it every day, whether it is at schools as a state officer or by talking to local farmers.**

# THANK YOU

## Questions



Please reach out at any time with any questions, or ways I can help! I'd love to help you guys with anything!

## Social Media



Email: [georgia@supportvaffa.org](mailto:georgia@supportvaffa.org)  
Instagram: [georgia\\_grady07](https://www.instagram.com/georgia_grady07/) or [georgias\\_ag\\_adventures](https://www.instagram.com/georgias_ag_adventures/)