

I'm delivering a presentation for the first time

Are you worried about presenting in front of other students?

Yes

It's completely natural to feel nervous about delivering a presentation in front of other students.

- Remember that most students probably feel the same as you
- For reassurance about delivering a presentation, watch [this video](#)

No

Be confident in yourself!

Are you scared that your nerves will stop you getting high marks?

Yes

Being nervous won't prevent you from receiving marks, and there are things you can do that can help reduce your nerves.

- Make sure to take everything you need with you to your presentation, including any notes and a bottle of water
- For guidance on how to effectively prepare for presentations, check out our [presentations tips](#)
- For issues impacting your wellbeing, your school or college will have a person who is there to support students' wellbeing

No

It's okay even if you are nervous.

Are you concerned that people will judge you?

No

Remember to show respect to other students.

Yes

It's natural to worry about what your audience will think of you, but they're most likely feeling the same way as you.

- Remember, the only person there to make any judgements about your presentation is your marker
- For reassurance about delivering a presentation, watch [this video](#)
- If somebody says or does something disrespectful during your presentation, make sure to let your teacher know

Are you nervous about sharing your work with other students?

No

Good luck with your presentation!

Yes

It's completely natural to feel nervous about sharing your work with other students.

- Remember that most students probably feel the same as you
- Be mindful that we're all different, and that means our work might be different
- If somebody says or does something disrespectful during your presentation, make sure to let your teacher know

Are you worried about what questions people might ask you at the end?

No

Well done – you're all set!

Yes

Being questioned can be daunting, but it's a great opportunity for you to consider other perspectives.

- If you know there'll be a Q&A after your presentation, try to predict some questions and the answers you might give
- If you aren't sure whether there'll be a Q&A, check your assessment guidelines or ask your teacher
- Remember that most students probably feel the same as you