

1. Master the 3-Point Structure (The IMP Structure)

Because time is so short, a 3-point speech structure is essential:

- Introduction (approx. 0:30 - 0:45)
 - **Attention Getter:** Start strong (e.g., a short story, a rhetorical question, or a strong statement about the prompt).
 - **Link/Interpretation:** Clearly state your interpretation of the prompt (e.g., "This quote is about the *power of perspective*").
 - **Thesis/Roadmap:** State your main point and your two (or three, if they can manage it) supporting points. *Example: "I believe this is true because of the lessons we learn in **history**, the changes we see in **technology**, and the development of **personal character**."*
- Main Points (1 or 2 Points Only, max 3): (approx. 0:45 - 1:00 per point)
 - State the point clearly.
 - Provide one strong, concise example (personal anecdote, movie/book reference, historical event).
 - Tie the example back to the prompt's meaning/thesis.
- Peroration (Conclusion): (approx. 0:30)
 - Briefly summarize your main points (the "tell them what you told them").
 - Restate your thesis/main takeaway.
 - End with a memorable closing that connects to your opening (circle back to the Attention Getter).

2. Maximize the 2-Minute Prep

Teach them a strict prep schedule:

- **0:00–0:15 (The Draw and Choose):** Read all three prompts. Pick the one that immediately suggests the strongest example or personal story. *Don't waffle.* The first good idea is the best idea.
- **0:15–0:45 (Deconstruct & Thesis):**
 - Write the prompt down (or key words).
 - Write a one-sentence interpretation/thesis.
 - Decide on 2 or 3 main points/examples that support the thesis.
- **0:45–1:45 (Outline & Examples):**
 - Write a short outline: Intro (AG, Thesis, Roadmap), Point 1 (Example, Link), Point 2 (Example, Link), Conclusion (Recap, Closer).
 - **Crucially, write down only a few trigger words for each main point and example. No full sentences!** They are speaking *without* notes, so the purpose of the outline is to lock the structure and flow into memory.
 - If they struggle for examples, use the **A-B-C formula: Anecdote** (personal story), **Book/Movie/Pop Culture**, **Current/History**.

- **1:45–2:00 (Mental Rehearsal):** Look away from the outline. Close their eyes and mentally walk through the introduction and the first 15 seconds of the speech. This helps with the delivery start.

3. Delivery Tips for a 3-Minute Speech

- **Slow Down:** Nerves make novices speak fast. Fast speaking makes them run out of material or sound panicked. Tell them to speak *slower* than they think they should. Use purposeful **pauses**.
 - **Time Management:** Teach them to check the clock **once** after the introduction and **once** after the first main point. If they are over time, they must skip an example or shorten the conclusion. If they are under time, they must elaborate on their second example or slow their pace.
 - **Be Conversational:** Impromptu is not a formal debate. Encourage a natural, authentic, and conversational tone. A friendly delivery is highly persuasive.
 - **Use Personal Examples:** This makes the speech immediately more engaging and is easier to recall under pressure.
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20 Sage Advice Prompts & Speaking Tips

These prompts are designed to be general enough for novices to connect to personal experiences, pop culture, or simple concepts, and they lend themselves to a "giving advice" structure.

#	Prompt	Thematic Tip for Novice Speaker	Structure Suggestion
1	"Don't major in minor things."	Interpret this as advice about prioritization and focusing energy.	P1: Identifying your true "majors" (long-term goals). P2: Avoiding "minor distractions" (social media, procrastination).
2	A blank sheet of paper.	Interpret this as the concept of potential or a fresh start .	P1: Potential (the possibilities). P2: Action (the necessity of making the first mark).

3	"The first step is always the hardest."	Speak about overcoming inertia in any challenging task.	P1: Why we fear the start (fear of failure). P2: The momentum gained after the start.
4	"Be a sponge, not a rock."	Discuss the value of learning and open-mindedness versus resistance to new ideas.	P1: The benefits of absorbing knowledge (being a sponge). P2: The danger of being inflexible (a rock).
5	The most important apology you can give.	Focus on the importance of self-forgiveness or apologizing to those you love.	P1: Apologizing for mistakes (to others). P2: Forgiving yourself (self-talk).
6	"The cure for anything is salt water: sweat, tears, or the sea."	Connect this to effort , emotion , and rejuvenation .	P1: Effort (sweat/hard work). P2: Emotional release (tears/catharsis).
7	"What you do every day matters more than what you do once in a while."	Emphasize the power of consistency and small habits .	P1: Consistency in studying/practice. P2: Consistency in building relationships/character.
8	A rubber band.	Interpret this as resilience (how far you can stretch) or the need for a snapping point (setting boundaries).	P1: Resilience and stretching beyond comfort. P2: The snap back (the need for rest/recharge).
9	The greatest lesson a team sport can teach.	Focus on a concept like collaboration , humility , or shared success .	P1: Learning to rely on others. P2: Valuing a shared goal over individual glory.
10	"Don't wait for permission to be great."	Interpret as the advice to take initiative and self-empowerment .	P1: Why people wait for validation. P2: The freedom of taking action now.
11	A bookmark.	Interpret this as the importance of taking a break or remembering where you left off (your roots).	P1: The need to pause and reflect. P2: The marker of progress (tracking how far you've read/come).

12	"Better to light a candle than to curse the darkness."	Speak about the importance of action and positivity over complaining.	P1: The futility of only complaining (cursing the darkness). P2: The power of a single, small action (lighting a candle).
13	Your favorite mistake.	Reframe mistakes as learning opportunities or necessary detours .	P1: How the mistake felt at the time. P2: The valuable, unexpected lesson it taught you.
14	"If it's worth doing, it's worth overdoing."	Interpret this as advice about passion and going the extra mile . (Or, ironically, about balance).	P1: Applying passion to school/hobbies. P2: Knowing when to find the right balance (not <i>always</i> overdoing it).
15	A compass.	Interpret this as the need for an internal moral guide or a life mission .	P1: Finding your direction (your values). P2: Navigating through storms (making tough decisions).
16	"Ask forgiveness, not permission."	Frame this as advice for entrepreneurship or boldness , but with a caution.	P1: When boldness and initiative pay off. P2: The line between being bold and being reckless.
17	The skill that matters most for the future.	Focus on a general skill like adaptability , critical thinking , or communication .	P1: Defining the skill and why it's needed (change). P2: How to practice that skill daily.
18	"No pressure, no diamonds."	Speak about the necessity of stress and challenge for growth.	P1: The link between pressure and excellence (school, sports). P2: Learning to manage and channel that pressure productively.
19	A mirror.	Interpret this as advice about self-awareness and honest self-assessment .	P1: Seeing your true self (the good). P2: Acknowledging flaws for improvement (the bad).
20	"Look for the good in the goodbye."	Advise on handling endings or transitions with a positive perspective.	P1: Acknowledging the sadness of an ending. P2: Focusing on the growth or the opportunities created by the transition.