

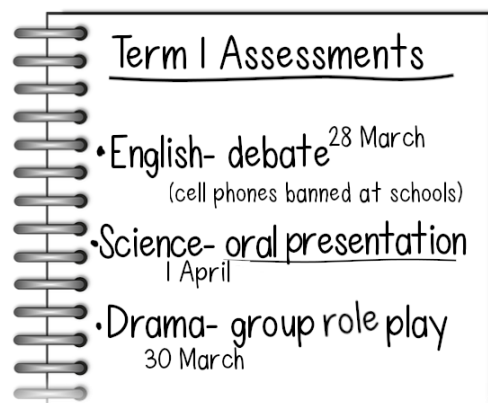
No More Band-Aids

Level 5

Hannah used to dislike speaking in front of the class. In fact, she used to detest it. Hannah was envious of the way her friends, Kate in particular, were able to speak confidently. Hannah avoided this dreaded task as much as she could. In group projects, she always volunteered for roles like writing and researching. This was often a lot more work, but it got Hannah out of having to present any work orally, so the trade-off was worth it. She wasn't always able to avoid public speaking; however, when it was compulsory, Hannah's teachers usually allowed her to present her work at lunch time, in front of a small group of her friends.

This worked for a long time; most of primary school in fact. Hannah's parents tried to help her see that simply avoiding it wasn't a long-term solution. They always called it a 'band-aid solution'. Hannah knew deep down that they were right, but for the time being this was an easier way to deal with it.

Things changed when Hannah entered high school. Just about every subject had an assessment for which she needed to stand up in front of the class. She marked them all in her diary.



She had three oral presentations looming over her already and it had only been a week. Hannah thought about asking whether or not she could present at lunch time to her friends, but suddenly that idea seemed very childish to her. The thought of even asking seemed embarrassing.

When she spoke to her parents, they told her the only way to build confidence was to face the fear head-on. Kate also gave her some great tips, including how to control her breathing, and where to look when speaking.

Hannah took the advice of her parents and sought out opportunities to try out the tips Kate had given her. Over time, Hannah started feeling a little differently when she stood in front of an audience. She didn't feel the dread in her stomach that she used to feel. She's not sure she would exactly say she 'enjoys' public speaking now, but it certainly doesn't make her feel sick like it used to.



Questions

No More Band Aids – Level 5

1. What is Hannah's task for drama? _____

2. What does the word 'sought' mean? _____

3. Which words from the text means 'hate'? _____

4. What does it mean that Hannah felt the 'trade-off' was worth it?

5. Do you think Hannah's teachers knew she was scared of public speaking?
How do you know?

6. What did her parents mean that Hannah needed to face her challenge 'head on'?

7. In the fourth paragraph, Hannah felt it was embarrassing to ask to present to her friends. Why had her feelings changed?

8. What is a 'band aid solution' and why is the text called, 'No More Band Aids'?



Answers

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1. What is Hannah's task for drama? **The task for drama is a group role play.**
2. What does the word 'sought' mean? **Sought means looked for.**
3. Which words from the text means 'hate'? **Detest means hate.**
4. What does it mean that Hannah felt the 'trade-off' was worth it?
It means she was happy to do the extra work because it meant Hannah didn't have to speak in front of the class.
5. Do you think Hannah's teachers knew she was scared of public speaking?
How do you know?
Yes, because they allowed her to do her presentations in front of a small group of her friends.
6. What did her parents mean that Hannah needed to face her challenge 'head on'?
They mean that she shouldn't keep hiding from her fear.
7. In the fourth paragraph, Hannah felt it was embarrassing to ask to present to her friends. Why had her feelings changed?
Answers may vary. Hannah was growing up. She was now in high school. She felt like this was something she should be able to do.
8. What is a 'band aid solution' and why is the text called, 'No More Band Aids'?
Her parents said that her avoiding the problem was a 'band aid solution', meaning it didn't solve the problem. The text has this title because Hannah came to realise this.

