

# College of Health

## Graduation Celebration Student Speaker Guidelines (2023-24)

**2024 Deadline: Wednesday, May 15 at noon**

At this year's College of Health Graduation Celebration on Friday, June 14, we are combining undergraduate and graduate student programs into four separate celebrations. One undergraduate and one graduate student from each of the following celebrations will be chosen to deliver a brief, inspiring speech:

<b><u>Celebrations</u></b>	<b><u>Times</u></b>	<b><u>Speakers</u></b>
<b>Exercise, Sport, and Health Sciences</b> Kinesiology (BS, MS, PhD) Adaptive Physical Education (MAPE) Athletic Training (MATRN)	<b>8:00am</b> (Milam)	1 undergraduate student 1 graduate student
<b>Public Health</b> (All options)	<b>10:00am</b> (Milam)	1 undergraduate student 1 graduate student
<b>Nutrition</b> (BS, MS, MS-PD, PhD)	<b>1:00pm</b> (WB Gym)	1 undergraduate student 1 graduate student
<b>Human Development and Family Sciences</b> HDFS/Studies (BS, MS, PhD)	<b>3:00pm</b> (WB Gym)	1 undergraduate student 1 graduate student

### If you are interested, you must:

- Be available at the scheduled time to deliver your speech in person on campus.
- **Submit an audio or video file** on the topic of your speech by/before **Wednesday, May 15 at noon**. The file should be no longer than 2 minutes in length.
- If you have been selected to speak, you will be notified the week of May 27.
- You will meet with the Director of Marketing and Communications before the ceremony to receive support and assistance with preparing your speech.

### Speech guidelines

Your speech needs to be delivered in **3-5 minutes**.

### Choosing a theme

The theme is the central idea to your speech. It should be specific to you but have relevance to the wider audience. It can be helpful to brainstorm about a few key themes and ask others for input to make sure you are going in the right direction. Some themes to consider:

- Underscore the great need in the world for health, equity, and well-being.
- Present a compelling human story from your own life, e.g., your personal journey.
- Illustrate the motivation behind what you've chosen as your life's work.
- Emphasize the core need of collaboration in solving the health and well-being challenges faced by people, families, and communities.
- Encompass your experience as a student or an important lesson learned during your time at Oregon State University.