



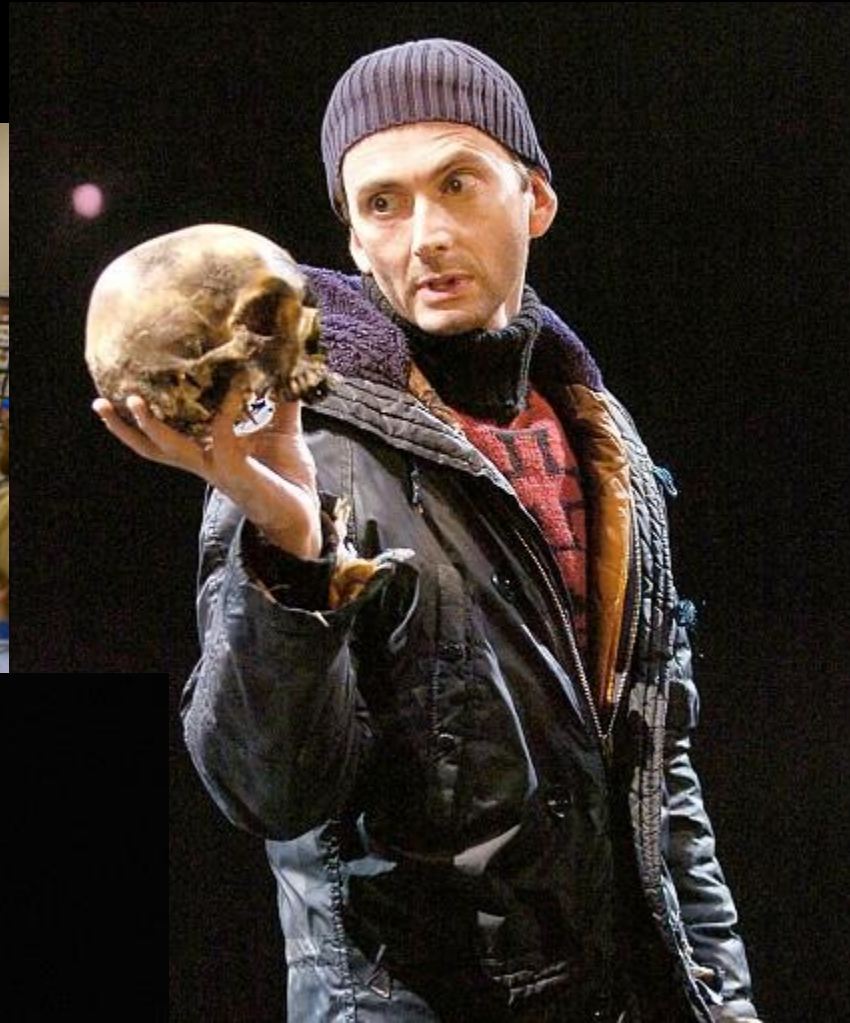
by Lisa Louis

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Lift Up Your Voice!

Using Vocal Techniques to Strengthen and
Enliven Your Teaching

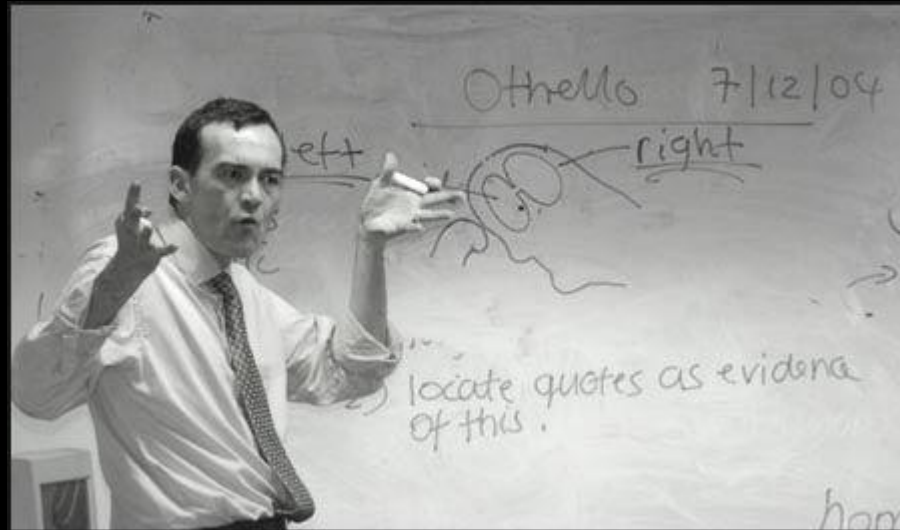
voice workers



“The voice of God, if you must know, is Aretha Franklin's.”
— [Marianne Faithfull](#)

teacher enthusiasm

- From “enthousiadzein” – “to be inspired or possessed by a god”
- gestures
- body movement
- energy level
- vocal delivery



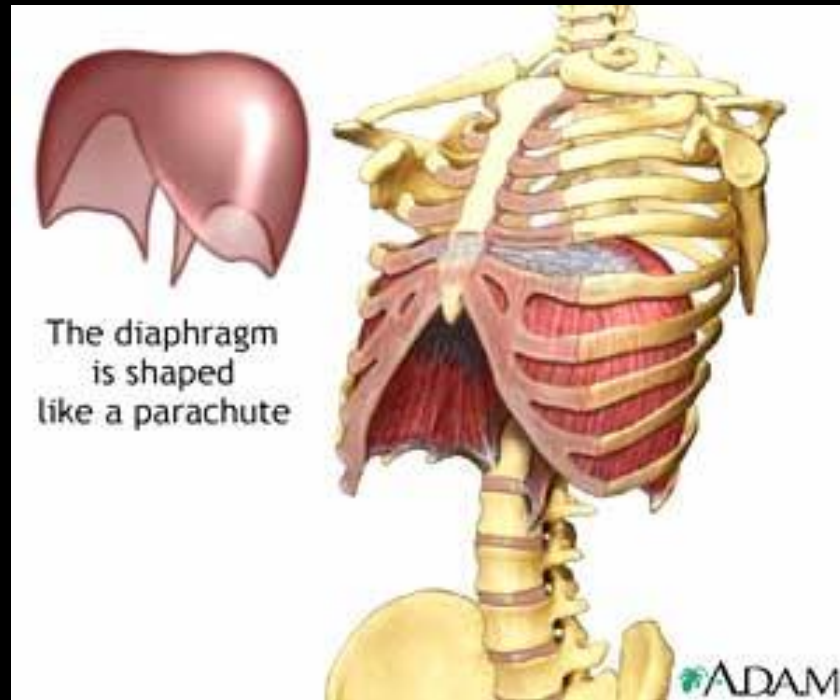
overview

- o knowledge
- o training
- o external factors

knowledge



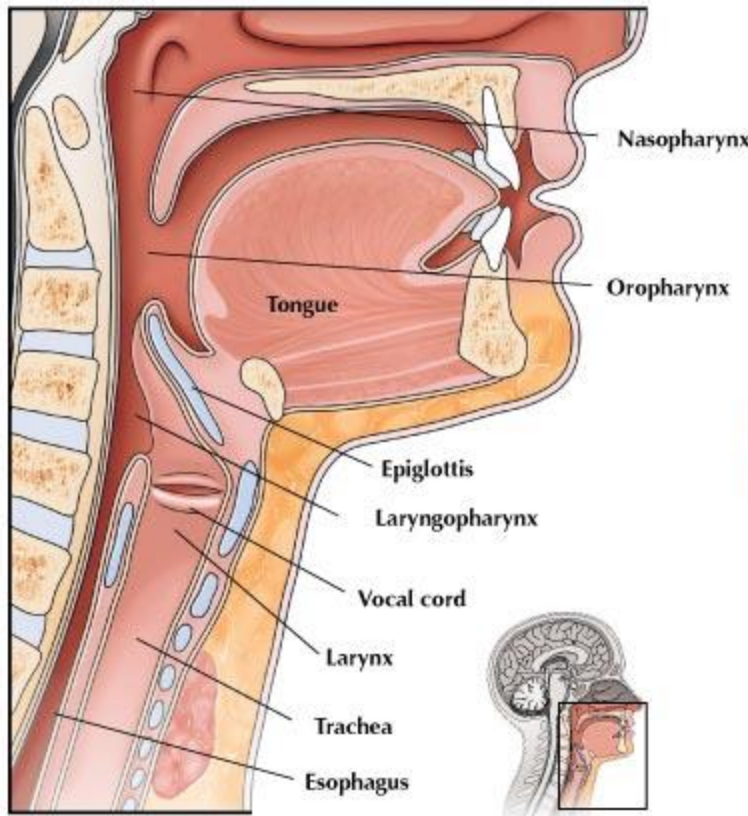
anatomy lesson #1



breathing

- finding the diaphragm
- deep breathing exercises
- controlled breathing
- posture

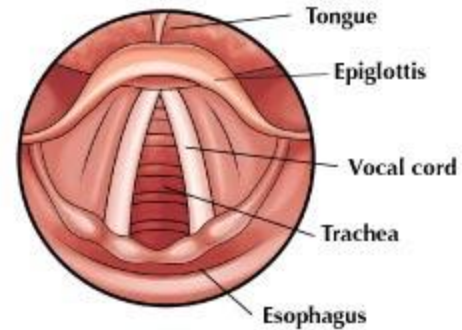
anatomy lesson #2



MID-SAGITTAL VIEW

FOR SAMPLE USE ONLY

ANATOMY OF THE LARYNX



LARYNGOSCOPIC VIEW

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vocalizing

- o finding the vocal cords
- o breathe silently / haaaaaaah
- o sigh
- o siren
- o lip trills
- o ma-ba-pa-fa-la-ga-za

“Such a voice this man has. The way he sounds isn't a sound at all. It's a river into which words are thrown.”

Laura Bynum Veracity

the vocal fold quiz

- o Human vocal folds collide _____ times per second;
- o Vocal folds collide _____ times per day;
- o Increasing pitch and volume (increases or decreases?)
vocal fold friction
- o High or loud talking makes vocal tissues _____?
- o <http://www.uiowa.edu/~shcvoice/lounge.html>
- o Food for thought: How much time do you get to rest
your voice during the day? Between classes?

is my voice tired?

- dry mouth
- throat-clearing
- hoarseness
- scratchy or raw feeling in throat
- aching in the neck
- voice feels weak
- feeling winded, running out of breath
- tension in neck, shoulders, upper chest

“The exhilarating ripple of her voice was a wild tonic in the rain.”

— F. Scott Fitzgerald,
The Great Gatsby

watch out for:



- o overuse
- o smoking
- o alcohol
- o caffeine
- o antihistamines
- o menthol
- o acid reflux
- o allergies

[Steven Tyler on Nat Geo's Incredible Human Machine](#)

tips for vocal health

- Drink lots of water.
- Rest your voice.
- When ill, cancel what you can.
 - Cough as gently as possible.
 - Clear your throat as gently as possible.
- What kind of doctor do you go to when you have problems with your voice?

stage fright

“The fear of public speaking or performing is more than anything a fear of being eaten.”

- Mary Fensholt



symptoms of stage fright

- Dry mouth
- Trembling
- Nausea
- Short-term memory loss
- Elevated heart rate
- Shallow breathing
- Sweating
- Do these things mess with your voice?



coping strategies

- Repeat after me: “stage fright is normal.”
- Having stage fright puts me in very good company:
 - Barbra Streisand
 - Laurence Olivier
 - Luciano Pavarotti
 - Bobby McFerrin
- Self-affirmations
- Relaxation
- Medications?





practice

- Do the exercises.
- Record yourself teaching.
- Ask a friend or colleague to watch a class and give feedback.
- Watch others teach, speak or perform and learn from them.
- Find a vocal coach.

Presentation libguide:

<http://tamucc.libguides.com/lift>

“It’s a shock, similar to hearing your own voice for the first time, when you’re forced to wonder how the rest of you comes across if you sound nothing like the way you think you sound. You feel dislodged from the old shoe of yourself.”

– Elizabeth Hay, *Late Nights on Air*

Thank you!

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