

# **Re-Present**

## **Experience Tips + Guidelines**

### **Prerequisites**

#### **Rehearsal**

-Before you start using the application, familiarize yourself with the content of the presentation by reciting your script! Because you won't be able to see your script in VR!

#### **Presentation Slides**

- The format of the slides should be in pdf.
- Videos within the pdf will not be playable in the application, only an image will show.
- Make the font size BIG enough so that you can read the general notes on the Confidence Screen. The resolution in VR is not super crisp.

### **Practice Mode**

#### **Body Posture + Gesture**

- Move your body, arms, and hands with the Oculus controllers to express your idea through body language!
- Don't stand in one place ! The footprints are there to act as the basis to where you should be standing, but there is room (about two steps to either sides) for you to move around.

#### **Voice + Speech**

- Be mindful of your voice: watch the volume - not too quiet or too loud - the speed - not too slow or too fast - and the dynamism - the ups and downs in the tone - to be expressive and not monotone.
- Watch out for the filler words that you might be using to fill in the gaps between sentences.

#### **Eye Contact**

- Move your head to face the audience, not just with your eyes !
- Make sure you aren't focusing on one particular part of the environment or the audience too much !
- Try not to look back at the Projection Screen ! Always face your audience!
- Be wary of how often you look at the Confidence Screen! It is intended primarily as a visual reference to keep track of the current slide you are on and the key notes.

## **Summary Report**

### **Sound Wave**

-The Sound Wave section visualizes the overall volume throughout the length of the presentation. Here, five ranges of low volume (pauses) will be marked with light blue fills.

-Here, you can ask the following questions:

- 1) Are there any particular pattern in the soundwave and the pauses? If so, where are they occurring? In the beginning, middle, or near the end?
- 2) Are the soundwaves consistently dynamic and/or uniform? Are certain areas have higher volume than others?

### **Filler Words**

-The Filler Words section lists the Top 3 most-used filler words throughout the presentation.

\*Hesitation is a special group of filler words that detects “uh”s and “um”s.

Here, try asking the following questions:

- 1) Which filler words did I say the most and how many times?
- 2) How does this compare to how many times I think I said? Is it fewer, about the same, or much more? By how much?

### **Speech Pacing**

-The Speech Pacing section maps out how many words per minute that the user have said throughout the presentation. The range is mapped according to statistics from research studies - less than 100 words / min is considered to be slow and more than 150 words / min is considered to be fast. The optimal range is in between these thresholds (100 ~ 150).

Here, try asking the following questions:

- 1) How does my Speech Pacing compare to the Slow / Fast thresholds? Is it too fast or slow?
- 2) If I spoke too fast, was that because of how I felt throughout the presentation? Was it nervousness? Or was it because I was pressed for time? Or is it that I just have too many things to say?
- 3) If I spoke too slow, was that also because of how I felt? Or was it because I forgot what to say, and was trying to remember my script? Or is it that I didn't have enough things to say to begin with?
- 4) How does the result compare to my own impression of how the presentation went? Is it somewhat accurate? If not, what is the gap between the result and my impression? What do you think is the reason for that gap?

### **Eye Contact Heat Map**

-The Eye Contact Heat Map is a top-down view of the classroom that maps out the averaged eye contact values per audience member. The values are mapped onto a colour spectrum from Red - Yellow - Green that corresponds to the eye contact level of Weak - Moderate - Strong respectively.

Here, try asking the following questions:

- 1) What is the overall visual impression of the Heat Map? Are there a lot of reds, yellows, or greens?
- 2) Is there a discernible visual pattern? For example, are there a lot of reds to the right side of the audience and a lot of greens to the left side? Or are there a lot of greens at the front but a lot of reds and yellows towards the back? Or are they generally scattered throughout the class?
- 3) If there is a colour “bundling” effect, where is it, and why do you think that’s happening? Is that because you’re looking at one portion of the audience for too long? What made you do that?
- 4) If the crowd is generally red, is that because you’re avoiding eye contact with the audience? Or is that because you are moving around your eyes but not deliberately where your head is facing? Are you looking at certain objects within the environment (like the Projection Slides, Confidence Screen, or the Clock)?
- 5) If the heat map is scattered, is that because you have dwelled at certain audience members and browsed over the others in between?
- 6) Is there any outlier? For example, is there a red in one corner of the audience where every other audience is green? What could account for this?
- 7) How does the result compare to my own impression of making eye contact with the audience? Is it somewhat accurate? If not, what is the gap between the result and my impression? What could be accountable for this gap?

## **Review Mode**

### **User Avatar (Body Posture, Hand Gesture, Stage Presence)**

-The User Avatar portrays the User's body postures and gestures by tracking the User's body joints using the Microsoft Kinect 2.0.

Here, ask yourself the following questions:

- 1) What is the overall impression of my body posture? Am I standing upright, or leaning to the sides? Do I look relatively reserved and timid? Are the arms close to the sides or are the legs close together? Or do I look confident, with arms and legs spread out wide? Or is it too much?
- 2) What is the overall impression of my hand gestures? Do they sync well with the speech and deliver the intended message? Or do they look awkward and not articulating well? Are the hands moving too fast or too slow? Do the gestures seem too reserved and close to the body, or are they too big and exaggerated? Do they look natural and subtle?
- 3) What is the overall impression of my stage presence? Am I shyly rooted in one position? Or am I walking side to side, or back and forth? Does it feel like I am owning the stage? Does it feel natural? Or too repetitive, forced, or awkward?
- 4) How does the result compare to my own impression of my body language? Do I feel like my body posture, hand gesture, and stage presence are being accurately portrayed by the virtual mannequin? If not, what is the gap between the result and my own impression? How can I adjust my body language to narrow this gap?

### **Voice (Volume, Pacing, Dynamism, Filler Words)**

-In the Review Mode, the User can hear his/her own Voice through the Oculus Rift headphones, which is recorded through the Oculus microphone and is synced with the Virtual Avatar and the environment. Try to relate back to the observations you've made on the Summary Report.

-Here, ask yourself the following questions:

- 1) What is the overall impression of my voice? Do I sound timid, nervous, or excited?
- 2) How does my speech pacing feel? Do I sound like I'm speaking too slow or too fast?
- 3) How about volume? Am I too quiet, to an extent that I cannot hear the messages clearly, or too loud that it feels like I'm shouting?
- 4) How does my tone fluctuate? Do the ups and downs of my pitch match well with the content and the flow of the sentences? Are the important points accentuated accordingly?
- 5) Are there any sudden changes in my voice throughout the presentation? Which part, at the beginning, middle, or the end? Am I speaking faster towards the end because I'm running out of time? Or is that intentional? Does my volume gradually increase throughout the presentation? Does that have to do with my confidence level?
- 6) Do the messages feel like they are worded properly? Or are there better ways to word it? How do the sentences flow into each other? Do they feel like a coherent story, one point naturally transitioning into the other? Or does the transitions feel abrupt?
- 7) Are there any specific words that I use too repetitively? What are they?

- 8) Does it feel like I stutter a lot? Or am I using too many filler words to fill the gaps between pauses and sentences? Is this because I was trying to remember what to say? Or is that a habit?

### **Eye Contact (Gaze Cone, Audience UI Ball)**

-Eye Contact requires observing two elements: the Gaze Cone and the Audience UI Balls. The Gaze Cone visualizes the User's head orientation using the Oculus Rift headset, and the UI Balls mark the audience positions and visualize the User's level of eye contact with the audience members using the same colour spectrum of the Heat Map on the Summary Report.

-Here, ask yourself the following questions:

- 1) What is the overall visual impression of the UI Balls? Are they greenish overall? Or reddish? Does this pattern remain consistent throughout the presentation? Or does it gradually shift?
- 2) Are there specific audience that are consistently green or red (outliers)?
- 3) What is the overall impression of the Gaze Cone? Does it seem like I am abruptly changing where I am facing? Or does it feel more like a smooth browsing over the audience?
- 4) If I am not looking at the audience, where am I looking at? Are there any specific objects or areas within the environment where my gaze is fixated on? Am I staring into a corner, or browsing over the heads of the audience towards the back wall? Or was I looking at the Confidence Screen or the Projection Slide?
- 5) How does it feel when you are engulfed by the Gaze Cone?
- 6) How does the result compare to my own impression of my eye contact with the audience? Does it feel like I'm making enough of an engagement with the audience? If not, what is the gap between the result and my own impression?

### **Multi-Session Review**

-The Multi-Sessions page allows the User to access the previously recorded presentations - the Summary Report and the Review Mode. This is intended for the Users to compare their relative improvements and hence track their long-term progression.

-Here, ask yourself the following questions:

- 1) How does one Summary Report compare to the subsequent ones? Are there any obvious statistical changes or trends? For example, has the filler words decreased or increased? Did the Speech Pacing become slower, faster, or gradually became within the average range? Did the significance of pause durations decrease or increase? Did the overall voice volume become more consistent throughout the presentation? Is there a notable difference in the Eye Contact Heat Map? Are there more greens than before? Or more reds? Is it improving overall? Or is the focus of attention merely shifting between one audience area to another?