

### My ccv story

My first and most influential experience that I had with ccv happened during my second year of classes during a communication class. I had never taken a communication class before and thought that in some ways it would be pointless too, but it was a requirement for my degree so reluctantly I signed up. It was there in that classroom that I met the Irish assented firecracker Katrina, who was our instructor. Within the first thirty minutes of the class she had broken down simple communication barriers and erased all tension. But it was not until we were given a topic and five minutes to write a speech to present to the class that I learned my biggest lesson.

Katrina had a way of making the class feel at ease, thus everyone felt comfortable being truthful and open within our little classroom community. I have never felt comfortable in new situations, almost queasy at the thought of having to walk into a classroom of strangers and then stand and speak about a random topic that I had no time to prepare for. When it was my turn to present my speech, the whole room fell silent and people's body language began to change. As the room began to change I myself also began to change, I became more relaxed and spoke with more enthusiasm and care.

I later found out from Katrina that the room had relaxed and my fellow classmates began to change because my story was impacting them, that I had made them stop and listen because of the way I presented myself and my facts. I never knew how powerful words could be until a five minute speech brought my entire classroom to dead silence and made each and every student reflect on their own personal experiences and feel that they too could relate to me. I now know that words can be a powerful way to make people take just a moment and think, to make others hear and listen, but the only way words can have this amount of strength is dependent of how people speak and conduct themselves to an audience.