**Preparing for your 10 Minute Session**

**Choosing a topic**

To reduce the research necessary for your 10 minute session we like you to choose a subject of interest to you. Choose something that you are familiar with, preferably not work related e.g. a favourite hobby or pastime. The wide variety of subjects make the 10 minute sessions very interesting.

Some subjects from previous courses include:

* My favourite holiday destination
* Planning a wedding
* Football clubs
* Riding
* The history of mustard
* Fairtrade chocolate
* Card games
* Wine tasting
* Tuning a guitar
* Bagpipes
* Origami
* Sewing
* Geneology

As you can see the topics are very wide ranging, the main thing is to choose a subject you enjoy and are interested in. Don’t think that a subject is not suitable because others may think it is boring. Don’t pick something which will require you to do lots of research.

**Planning the content - Deciding what is needed**

10 minutes may seem like a long time at the moment, but consider discussing your favourite hobby with a friend, I am sure that 10 minutes will be a very short time. The problem is more likely to be what do you leave out, rather than how are you going to keep going for 10 minutes.

Within your chosen subject area, consider the information you could talk about and list it under general headings. Finally, look at each point on the list and consider what you could say on each.

Although you are not formally assessed on your 10 minute session, you will receive feedback from your tutor and your peers which will help you in planning your final 20 minute Microteach.