A New Avenue for Teacher Education: Virtual Reality Intervention as a Path Towards Reducing Public Speaking Anxiety and Supporting Growth Mindsets

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Outline

Public Speaking Anxiety

Pre-Service Teacher Anxiety

Pre-Service Teacher Mindsets

Integrating Virtual Reality into Pre-Service Teacher Education

Current Study

Educational Significance

Public Speaking Anxiety

Fear or anxiety about speaking in public.

- Fear being judged negatively by other people leading to humiliation or embarrassment

Repercussions for social and occupational functioning
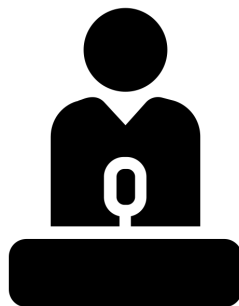
Pre-service Teacher Anxiety

Pre-service teachers may experience public speaking anxiety during their professional training (Augustiana, 2014; Aydin, 2016).

Opportunities to practice public speaking are time limited, resource intensive and lack feasibility.

Pre-service Teacher Mindsets

Dweck, 2006

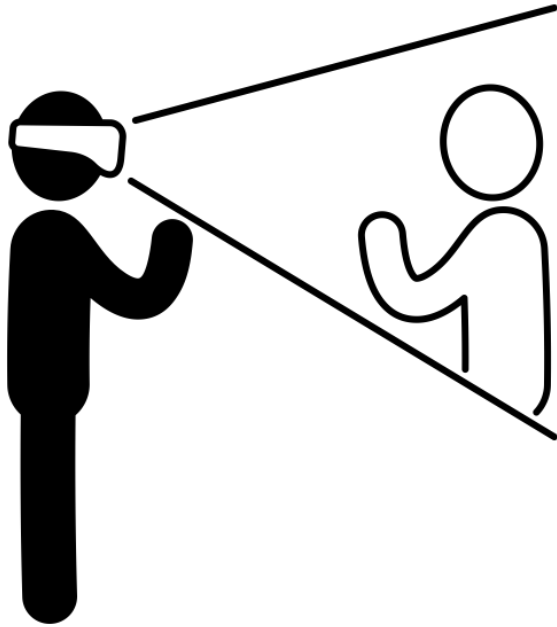**Fixed Mindset**

Can't change one's public
speaking skills

Positively correlated with
anxiety

Growth Mindset

Can change one's public
speaking skills

Negatively correlated
with anxiety

Integrating Virtual Reality into Pre-Service Teacher Education

Effective at reducing public speaking anxiety in highschool and university student samples (Hinojo-Lucena et al., 2020).

Benefits include:
Feasible and cost effective
Avoids public embarrassment
Maintains client confidentiality

Current Study

RQ 1. Is a brief VR intervention capable of reducing pre-service teachers' public speaking anxiety?

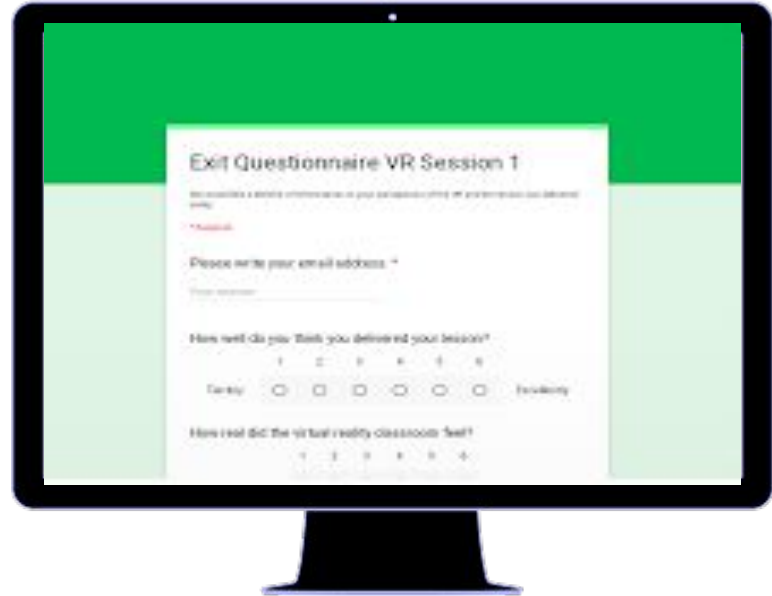RQ 2. Do pre-service teachers' mindsets change over the course of a brief VR intervention?

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Methods and Measures

Participants

n = 7, 71% female

Age 19-24, *M* = 20.86

The participants completed
an online survey with various
public speaking anxiety and
a mindset measure.

Procedure

Pre VR: participants completed the public speaking anxiety and mindset measures

VR Sessions: participants delivered 3 lessons in VR

Post VR: participants completed the public speaking anxiety and mindset measures

Results

Mean differences of mindsets and public speaking anxiety at pre-test and post-test

Variable Scores	Pre-test		Post-test			
	M	SD	M	SD	t(df)	p
Mindset (higher score more fixed)	2.71	1.18	1.81	.72	2.45(6)	.05
Public Speaking Anxiety	3.60	.31	3.13	.27	3.01(6)	.024*

Note. *Significant at the p<.05 level.

Discussion and Educational Significance

VR provides pre-service teachers the opportunity to reduce their public speaking anxiety in a feasible and cost-effective measure.

Growth mindsets with respect to public speaking skills has implications for pre-service teachers' self-confidence and teaching efficacy.

Educational Significance Cont.

Integrating VR into teacher education programs

- Behaviour management
- Skill development

Extending VR to other professions that require routine public speaking

- Business
- Law

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Pictures taken from Noun Project.

Further inquiries should be directed to
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