



EXTEMPORANEOUS SPEECH

(525)

REGIONAL 2025

PRELIMINARY

TOTAL POINTS _____ **(100 points)**

Preparation Time: 10 minutes

TOPICS:

How can high school students effectively manage stress?

What are effective methods to combat bullying in schools?

How should students prepare for college admissions?

What strategies can be used for effective teamwork in school projects?

What are the benefits of learning about different cultures?

What is the power of volunteering and community service?