

SPEAK

5 Skills That Make People Listen

TEEN COURSE SYLLABUS

5-Session Mini-Course

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COURSE OVERVIEW

SPEAK is a 5-session mini-course teaching teenagers the essential skills of effective communication. Based on the 5-Cs Framework (Core, Concept, Craft, Character, Current), students learn to communicate with clarity, confidence, and impact.

THE 5 Cs

- CORE — Know what you want to say
- CONCEPT — Organize your ideas
- CRAFT — Choose words that land
- CHARACTER — Be someone worth hearing
- CURRENT — Adapt to today's world

Target Audience

Teenagers ages 13-18. Works for youth groups, homeschool co-ops, classroom settings, or small group studies.

Session Format

Each session is 45-60 minutes: Opening (5 min), Teaching (15-20 min), Discussion (15-20 min), Practice (10-15 min), Closing (5 min).

SESSION OUTLINES

Session 1: CORE — Know What You Want to Say

Learning Objectives:

- Understand what a mindset toward communication looks like
- Learn the four elements of CORE: Purpose, Audience, Message, Clarity
- Practice the One-Sentence Test

Discussion Questions:

- What makes some speakers captivating and others boring?
- When have you communicated something unclear? What happened?
- Why is knowing your audience so important?

Practice Exercise: Complete the CORE Worksheet for a real communication challenge you're facing this week.

Session 2: CONCEPT — Organize Your Ideas

Learning Objectives:

- Understand why structure matters for understanding and memory
- Learn key structures: Threes, Problem-Solution, Chronological
- Practice creating memorable patterns

Discussion Questions:

- Why does the brain like patterns and threes?
- When have you heard a confusing presentation? What was wrong?
- How do stories make information more memorable?

Practice Exercise: Take your CORE from last week and organize it using one of the structures learned today.

Session 3: CRAFT — Choose Words That Land

Learning Objectives:

- Understand the difference between vague and specific language
- Learn to cut unnecessary words
- Practice strong openings and closings

Discussion Questions:

- What words do you overuse? (very, really, like, stuff)
- Why does specificity build credibility?
- What makes a strong opening vs. a weak one?

Practice Exercise: Take a piece of your own writing and do the Ruthless Edit exercise.

Session 4: CHARACTER — Be Someone Worth Hearing

Learning Objectives:

- Understand the six dimensions of CHARACTER
- Learn the difference between confidence and arrogance
- Practice congruence between message and manner

Discussion Questions:

- Who do you trust as a communicator? Why?
- What's the difference between confidence and arrogance?
- Have you ever sensed someone was being fake? How did you know?

Practice Exercise: Record yourself giving a 2-minute talk. Watch and assess on the six dimensions.

Session 5: CURRENT — Adapt to Today's World

Learning Objectives:

- Understand the modern attention challenge
- Learn compression and curiosity techniques
- Practice communicating across platforms

Discussion Questions:

- How long before you scroll past content that doesn't grab you?
- What makes you stop and pay attention online?
- How does your communication differ on different platforms?

Practice Exercise: The Platform Challenge: Take one message and compress it from 200 words to 50 to 15.