

Gloria Richardson Async Limited Prep Prompts

Extemporaneous Commentary

1. Healthy eating habits
2. The benefits of regular exercise
3. The importance of sleep
4. Stress management techniques
5. Preventive healthcare

Impromptu Speaking

1. "Be careful, think about the effect of what you say. Your words should be constructive, bring people together, not pull them apart." - Miriam Makeba
2. "There are three things I was born with in this world, and there are three things I will have until the day I die – hope, determination, and song." - Miriam Makeba
3. "The conqueror writes history, they came, they conquered and they write. You don't expect the people who came to invade us to tell the truth about us." - Miriam Makeba
4. "Age is getting to know all the ways the world turns, so that if you cannot turn the world the way you want, you can at least get out of the way so you won't get run over." - Miriam Makeba
5. "Africa has her mysteries, and even a wise man cannot understand them. But a wise man respects them." - Miriam Makeba

International Extemporaneous Speaking

1. How effective are the new data protection regulations in Brazil in safeguarding citizens' digital privacy?
2. To what extent has the European Union's General Data Protection Regulation (GDPR) influenced global standards for data privacy?
3. How successful has India been in balancing national security concerns with individual privacy rights in its surveillance policies?
4. What are the implications of China's social credit system for personal privacy and civil liberties?
5. How has the recent controversy over Pegasus spyware impacted international relations and trust in digital communication security?

United States Extemporaneous Speaking

1. How effective are the new federal guidelines on cybersecurity for critical infrastructure in preventing cyberattacks?
2. To what extent has the implementation of the Cybersecurity Maturity Model Certification (CMMC) impacted defense contractors?
3. How successful have the recent efforts to combat ransomware attacks been in reducing incidents and financial losses?
4. What are the implications of the new data breach notification laws for businesses and consumers?
5. How has the increased focus on cybersecurity education and training programs affected the workforce readiness in this field?