prepare your testimony in advance. Take time to deeply consider and revise your message beforehand.

keep your testimony under the three-minute time limit. Focus on a single story or idea. Aim to help the Regents understand how an issue, policy, or situation presents difficulties or addresses needs for University of Alaska students.

prepare two versions of your testimony, if possible: a very direct, concise version for the public comment period, and a longer version for entry as written testimony. Submit written testimony to ua-bor@alaska.edu.

practice delivering your testimony in front of a mirror or an audience. Revise your message for clarity and brevity.

show up on time. Sign up sheets will begin taking names at 8am both Thursday and Friday, and testimony will occur on a first-come, first-serve basis.

be respectful and professional. Remember to state your name and your stakeholder position with respect to the university.

try to speak clearly and make eye contact, without reading directly from your written testimony.

thank the board members for their time and consideration. If you take less than three minutes, offer to answer questions.