



PSU alumnus's new book helps develop public speaking skills



Photo courtesy of HM Atif Wafik

Anxiety about public speaking is very common among both college students and the general population. In fact, some estimates are that as many as 20% to 85% of people experience more or less anxiety when they need to speak in public.

Pitt State alumnus HM Atif Wafik, of Bangladesh, is aware of this common fear and has published a book aimed at developing one's presentation and public speaking skills.

"Impress Your Audience" is my very first book which has been hitting the bookshelves recently and has been written with a motive to develop this generation's presentation and public speaking skills," Wafik said. "I believe this book will help everyone to grow and allow looking into this field from a different lens."

Wafik graduated from Pittsburg State University in 2016 with a major in Technology. It was during his time at Pitt State where he was inspired by one of his professors to write a book.

"Dr. Mark L. Johnson and his book "Connect" inspired me to think about this book first," he said. "And then the pandemic lockdown gave me the opportunity to work on this book dedicatedly."

Wafik currently works as an Assistant Professor and Advisor of Students Welfare at the University of Scholars in Dhaka, Bangladesh. He said that he loved his time at Pitt State, and it helped him in his journey to be where he is now, as he "always wanted to join a university back home."

"It was one of my dreams to pursue a North American degree," Wafik said. "The U.S.A was the first choice and fortunately I had family and friends at PSU at that moment. I think I was one of those who got an opportunity to visit the campus before enrolling. Pitt State is such a place with the people around; you visit once you will fall in love. So, it was very easy and wise to choose PSU for the degree I pursued."

After returning to Bangladesh, Wafik began sharing his experiences and his knowledge from his learning, which added to his desire to write "Impress Your Audience".

Wafik said that having book published "feels great."

"I never thought of such achievements, I can make in my life," he said. "But now I think I can go further, with something more interesting."