

Situation	SEQUENCES	Perceptions	Actions	Intentions
Entering the room Explanation of instructions	Exploratory investigation	Surprise	I'm listening	Try to understand
		Generally tense atmosphere	I'm observing	
Preparation phase 3 minutes	Preparation	Time pressure	I'm organizing my presentation	Find and select ideas
		Preparing		Keep within the time
Interview phase 5 minutes	1) Recitation	Reassured to be doing what is planned	I'm reciting	Repeat the prepared introduction
	2) Expanding on ideas	Stressed by hesitations and memory lapses	I'm expanding on the ideas I've planned	Retrieve and state the ideas I have prepared
				Convince the committee
	3) Time pressure	Anxiety on seeing how much time is left	I'm watching the countdown	Know how far I've got
	4) Loss of control: Nothing more to say	Feel observed, judged Uncomfortable about saying whatever comes into my head	I can't think any more	Fill the time
			I'm searching chaotically	Avoid gaps
		Time perceived as interminable	I'm hesitating, I'm stuttering, I'm leaving gaps	Look for support
		I'm constantly glancing at the time left		
5) Abandon, resignation	Sense of incompetence Sense of looking incompetent	I'm losing my grip I'm doing nothing, I'm keeping quiet	Wait for it to end	
6) Detachment	Realize it's not important	I'm laughing I'm laughing at myself	Try to reassure myself	
7) Paradoxical liberation		Hear beep at end of countdown	I'm relaxing	Self-evaluate
		Relief	I'm staying concentrated for the second task	Worry about what the committee will think of me
		Sense of failure		