



BUSINESS  
PROFESSIONALS  
of AMERICA  
Giving Purpose to Potential

# EXTEMPORANEOUS SPEECH

(525)

## REGIONAL 2026

## PRELIMINARY

TOTAL POINTS

\_\_\_\_\_ (100 points)

**Preparation Time: 10 minutes**

## TOPICS:

- What makes a good team player on a school team project?
- Should students use phones in class?
- Why is it important to keep a budget?
- How can social media help a small business?
- What is one way to reduce food waste in the school cafeteria at lunch?
- How does reading every day help your future job skills?
- Should homework be given on weekends?
- What is one habit that builds self-confidence?
- How can schools save energy?
- Why is saying “thank you” powerful in business?