**Ah Counter Role and Responsibilities**

**(Final Report 30 seconds)**

The purpose of the Ah-Counter is to note unnecessary words and sounds used by members who speak during the meeting. Words or phrases that may be used inappropriately or unnecessarily include and, well, but, so, and you know. Sounds may include ah, um, and er. Serving in the Ah-Counter role provides an excellent opportunity to practice listening skills.

When introduced, explain the role of the Ah-Counter.

*Dear Toastmaster of the Day, Toastmasters and Distinguished Guests…Good evening, At Toastmasters, we strive to speak as clearly and effectively as possible, and one of the ways to do that is to eliminate the use of filler words.*

*The purpose of the Ah-Counter is to note words and sounds used as a “crutch” or “pause filler” by anyone who speaks during the meeting. Examples are:*

*1. Words may be inappropriate interjections such as “and, well, but, so, you know.”*

*2. Sounds may be “ah, um, er.”*

*3. Repetitive word or phrase such as “This means, this means.” Or “you know, you know”.*

 *I will track the number of filler words in each speech and report back at the end of the meeting.*

Be prepared to take notes as people speak during the meeting.

Bring a copy of the Ah-Counter’s log (page 2). Write down how many crutch sounds or words each person used during all portions of the meeting. (Use your discretion, some pauses are appropriate for dramatic effect, while some are obvious fillers where the speaker is simply buying time) pauses used as fillers and not as a necessary part of sentence structure.

**REPORT: (30sec)**

* When called on by the general evaluator during the evaluation segment, **stand by your chair and give your report.**
* Please just give **one total figure** **per person** (/or per session when time limited**).** It tends to be more effective for people to hear a lump sum (“you had six filler words”), rather than a breakdown (“you had one um”, or three ‘buts’, etc”).
* There is **no need to keep track of which filler words are used**.
* If you notice that someone is using the same filler word all the time, you can mention that, but don't worry about it too much.
* Also, as a matter of politeness, if someone surpasses ten fillers words, you can just tell them they had "**more than ten**".

Note: Pauses in between sentences are not considered as “pause fillers”. It is up to the individual speakers to use “pauses” effectively in their speech.

**Ah-Counter log:**

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| **Speaker:** | **Total number of times Ahs used**  | **Repeat of words** *“and, well, but, so, you know”* |
| **TMOD:** |  |  |
| **Speaker #1:**  |  |  |
| **Speaker #2 :** |  |  |
| **Speaker #3:** |  |  |
|  |  |  |
|  |  |  |
| **Table Topics Master**  |  |  |
| **Speaker #1**  |  |  |
| **Speaker #2**  |  |  |
| **Speaker #3**  |  |  |
| **Speaker #4**  |  |  |
| **Speaker #5**  |  |  |
|  |  |  |
|  |  |  |
| **General Evaluators**  |  |  |
| **Evaluator #1**  |  |  |
| **Evaluator #2**  |  |  |
| **Evaluator #3**  |  |  |
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