

# LAMDA Practice Test Questions and Answers

## 1. How should performance anxiety be managed?

- A) Through preparation, breathing techniques, and positive mental rehearsal
- B) By avoiding performances entirely
- C) By taking medication before every performance
- D) Anxiety should be ignored and suppressed

## 2. Why is breath control crucial for an actor?

- A) To eliminate stage fright
- B) To improve memorization of lines
- C) To support voice projection and emotional delivery
- D) To speed up dialogue delivery

## 3. What role does breathing play in performance?

- A) It supports vocal production, physical control, and anxiety management
- B) It is only important for singers
- C) Breathing happens automatically and needs no attention
- D) It only matters during relaxation exercises

## 4. How can a speaker effectively conclude a speech?

- A) End suddenly without summarizing
- B) Introduce new ideas at the last moment
- C) Reinforce key points and provide a strong closing statement
- D) Apologize for any mistakes made during the speech

**Answers: 1-A 2-C 3-A 4-C**

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