

Panel Proposal for Ife Institute for Advanced Studies First Annual Conference (IIAS 2026)

Conference Theme: Roots and Futures: Advancing the African Scholarly Imagination.

Conference Date: 30th-31st July, 2026

Venue: Obafemi Awolowo University, Ile-Ife, Nigeria (Hybrid)

Call for Panelists

Panel Theme: *Research, Scholarship, and Public Speaking—Breaking the Barrier of Nervousness*

Description

Nervousness, often stemming from low self-esteem or feelings of inadequacy, can lead some early-career scholars to publish primarily in local journals rather than in reputable international outlets. Early-career scholars are not alone in this relationship with nervousness; undergraduate and graduate students also face similar challenges. Interestingly, some mid-career scholars find themselves in this category as well.

It is noteworthy that some scholars, despite being mentally resilient and intellectually capable, have allowed nervousness to infiltrate their hearts and minds from the outset of their careers. Instead of actively seeking strategies to mitigate their anxiety, these scholars often nurture it silently within their subconscious, fully aware that the verbal exchange of ideas and public speaking are essential and unavoidable elements of their professional lives. This nervousness hinders them from fully utilising their skills and making significant contributions to their intellectual pursuits, even in their capacities as professors. Consequently, given the potential detrimental effects of nervousness on career development and progression, it is crucial to explore and examine the underlying causes and consequences, as well as to propose solutions to address nervousness as a significant barrier to academic advancement and fulfilment.

Panelists will address a range of topics related to this issue, either from a broad perspective or focusing on their specific areas of expertise. This research aims to explore questions such as: Why do some students and scholars lack the confidence to showcase their work? Why do they tactfully decline invitations for public speaking? What leads them to shy away from public lectures and presentations? What factors might cause individuals to hesitate in submitting a vetted abstract or proposal? What motivates conference participants to attend without presenting? In what ways does nervousness affect seasoned researchers and diminish their vibrancy? How does nervousness or low self-esteem limit access to various opportunities? What strategies can be employed to control and overcome stage fright? How can individuals confront and conquer their nervousness? Are there testimonials from students and scholars who have successfully battled against nervousness?

Nervousness is a common experience across various disciplines; therefore, we welcome submissions from all fields of study, including education, humanities, sciences, law, engineering, social sciences, and agriculture.

Submission

Abstracts of between 250 words, accompanied by a short bio of 100 words maximum, should be submitted via <https://ias-ife.com/ias-first-annual-hybrid-conference/> (indicating along your name in bracket “**Breaking Nervousness Panel**”); submit your proposal to: Taiwo Akinduti PhD (taiwo.akinduti@uniosun.edu.ng) by 15 April, 2026. All abstracts should please include the name of author(s), title of proposed paper, institutional affiliation(s) and email address.

Panel Organiser:

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