



SPM SPEAKING TIP

**HOW TO
AVOID**

FILLERS

in speaking tests

SPM 1119/3

PAUSE SILENTLY



- A short pause sounds more confident than “Umm...”
- I think... umm... exercising is important. 
- I think... exercising is important. 

USE THINKING PHRASES

Replace awkward fillers with natural phrases:

- That’s an interesting question.
- Let me think for a moment.
- I’ve never thought about that before, but...
- In my opinion...
- From my point of view...
- If I had to choose, I would say...
- The first thing that comes to mind is...





USE LINKING PHRASES

These help you organise your ideas while giving you time to think:

- First of all, ...
- For example, ...
- Besides that, ...
- Another reason is that...
- However, ...

FOLLOW A SIMPLE STRUCTURE

- Use Answer + Reason + Example.
- Example: I prefer studying alone because I can concentrate better. For example, I can study at my own pace without being distracted.



SLOW DOWN

- Speaking too quickly leaves you less time to plan. Speak at a comfortable pace and take a breath between ideas.

PRACTISE WITH THE THREE-SECOND RULE

Before answering:

- Pause for one to three seconds.
- Choose your main idea.
- Begin with a complete phrase.



Remember: A pause sounds thoughtful. A filler sounds uncertain.

