

Appendices

Appendix A: Self-Assessment Questionnaire for Oral Presentations (English)

1. Please note that you may only participate in this survey if you are 18 years of age or over.

☐ I certify that I am 18 years of age or over.

☐ I am under 18 years old. (Questionnaire will terminate)

2. If you have read the information above and agree to participate with the understanding that the data (including any personal data) you submit will be processed accordingly, please tick the box below to start.

☐ Yes, I agree to take part.

☐ No, I do not agree to take part (Questionnaire will terminate).

3. Your full name (in Chinese): _____

4. Sex:

☐ Male

☐ Female

5. How many hours have you spent in each preparatory phase?

Script writing and polishing (hours) _____

PowerPoint design (hours) _____

Rehearsal (hours) _____

Overall time spent (hours) _____

6. Part I-a: we would like you to tell us how much you agree or disagree with the following statements by simply circling a number from 1 to 7.

1: strongly disagree; 2: disagree; 3: somewhat disagree;

4: either agree or disagree; 5: somewhat agree; 6: agree; 7: strongly agree

	1	2	3	4	5	6	7
I can imagine myself delivering an oral presentation fluently.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The things I want to do in the future require me to deliver an oral presentation in English.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can imagine myself delivering an oral presentation in English to international friends or colleagues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I imagine myself as someone who is able to deliver an oral presentation in English.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can imagine myself delivering an English presentation as if I were a native speaker of English.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whenever I think of my future career, I imagine myself delivering oral presentations in English.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. Part I-b: we would like you to tell us how much you agree or disagree with the following statements by simply circling a number from 1 to 7.

1: strongly disagree; 2: disagree; 3: somewhat disagree;

4: either agree or disagree; 5: somewhat agree; 6: agree; 7: strongly agree

	1	2	3	4	5	6	7
I value oral presentation because my close friends think it is important.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Delivering oral presentations in English is important to me in order to gain the approval of my teachers.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Delivering oral presentations in English is important to me because the people I respect expect me to be good at it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Delivering oral presentations in English is a necessary skill because people surrounding me expect me to do so.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Delivering oral presentations in English is important to me because an educated person is supposed to be able to do so.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It will have a negative impact on my life if I perform bad in an oral presentation in English.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I fail an oral presentation in English, I'll be letting other people down.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. Part II: we would like you to tell us how much you agree or disagree with the following statements by simply circling a number from 1 to 7.

1: strongly disagree; 2: disagree; 3: somewhat disagree;

4: either agree or disagree; 5: somewhat agree; 6: agree; 7: strongly agree

	1	2	3	4	5	6	7
When giving an English speech in public, I can speak with accuracy (with no/few mistakes).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When giving an English speech in public, I can speak with fluency.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When giving an English speech in public, I can speak with emotion.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can give an English speech in public when I am very nervous.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When giving an English speech in public, I can speak with confidence.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When giving an English speech in public, I can organize my speech so that the conclusion flows logically from what was previously said.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When giving an English speech in public, I can use appropriate language (e.g., vocabulary, grammatical structures) to address different topics.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When giving an English speech in public, I can make my central idea clear to the audience.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When giving an English speech in public, I can use the conclusion to restate my main points.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. Part III: Read the following statements and choose a number from 1 to 7 to indicate how much anxiety you felt in the oral presentation.

1: strongly disagree; 2: disagree; 3: somewhat disagree;

4: either agree or disagree; 5: somewhat agree; 6: agree; 7: strongly agree

	1	2	3	4	5	6	7
I pay attention to my rhythm and intonation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pay attention to my pronunciation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to be heard like a native speaker.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pay attention to whether my speech flows smoothly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to speak clearly to make myself heard.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to relax when I feel anxious.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to enjoy Pecha Kucha presentation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to give a good impression to the listener.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I actively encourage myself to express what I want to say.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. Part IV: Read the following statements and choose a number from 1 to 7 that are true of your situation.

1: strongly disagree; 2: disagree; 3: somewhat disagree;

4: either agree or disagree; 5: somewhat agree; 6: agree; 7: strongly agree

	1	2	3	4	5	6	7
I am diligent in preparing for the oral presentation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When it comes to oral presentation, I am a hard-working learner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Once I have decided to prepare for the oral presentation, nothing can prevent me from reaching this goal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I will not allow anything to stop me from preparing for my oral presentation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I put much time and effort into improving my weaknesses in oral presentation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. Part V: Read the following statements and choose a number from 1 to 7 to indicate how much anxiety you felt in the oral presentation.

1: strongly disagree; 2: disagree; 3: somewhat disagree;

4: either agree or disagree; 5: somewhat agree; 6: agree; 7: strongly agree

	1	2	3	4	5	6	7
My thoughts become confused and jumbled when I am giving a speech.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do poorer on speeches because I am anxious.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I make a mistake while giving a speech, I find it hard to concentrate on the parts that follow.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
While giving a speech I get so nervous I forget facts I really know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. What are the difficulties you have met in the preparatory phase?

14. Given the difficulties you mentioned in Question 13, how did you overcome those difficulties?

15. What do you like about Pecha Kucha Presentation?

16. What do you dislike about Pecha Kucha Presentation?

17. Are you satisfied with your performance? If so, why? If not, what do you think you can improve?

Appendix B: Self-Assessment Questionnaire for Oral Presentations (Chinese)

演讲表现自我评估问卷（中文版）

1. 请问您是否年满 18 岁？

☐ 我已年满 18 岁或以上。

☐ 我未满 18 岁。(问卷调查将终止)

2. 如果您已经阅读了上述信息并同意参与，且理解您提交的数据（包括任何个人数据）将被如何处理，请在下面的方框内打勾。

☐ 我同意。

☐ 我不同意（问卷调查将终止）。

3. 中文全名：_____

4. 性别：

☐ 男

☐ 女

5. 请问你在 PK 的各个准备阶段花了几个小时？

台词写作和修改（小时） _____

PPT 设计和制作（小时） _____

演讲排练（小时） _____

总计（小时） _____

6. 请阅读以下关于“英语演讲准备过程”的陈述，并从 1-7 之间选择“不同意”到“同意”的程度。

1: 非常不同意；2: 不同意；3: 略微不同意；4: 中立；

5: 略微同意；6: 同意；7: 非常同意

	1	2	3	4	5	6	7
我会想象自己流畅地演讲。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
我将来想做的事情需要我用英语演讲。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
我会想象自己用英语向外国朋友或同事做演讲。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
我会想象自己是一个能够用英语进行演讲的人。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
我会想象自己像母语者一样做英语演讲。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
每当我想到我未来的职业，我就会想象自己用英语做演讲。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. 请阅读以下关于“英语演讲的价值”的陈述，并从 1-7 之间选择“不同意”到“同意”的程度。

1: 非常不同意；2: 不同意；3: 略微不同意；4: 中立；

5: 略微同意；6: 同意；7: 非常同意

	1	2	3	4	5	6	7
我的好朋友重视演讲，所以我也重视演讲。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
演讲有助于我获得老师的认可，所以我重视演讲。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
我尊敬的人擅长演讲，所以我重视演讲。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
身边的人期待我用英语做演讲，所以我认为英语演讲是必备技能。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

一个受过教育的人能够使用英语做演讲，所以我重视演讲。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
失败的演讲会对我产生负面影响，所以我重视演讲。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
如果我搞砸了一次演讲，其他人会看不起我。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. 请阅读以下关于“英语演讲策略”的陈述，并从 1-7 之间选择“不同意”到“同意”的程度。

- 1: 非常不同意; 2: 不同意; 3: 略微不同意; 4: 中立;
5: 略微同意; 6: 同意; 7: 非常同意

	1	2	3	4	5	6	7
发表演讲时，我可以准确无误地表达（没有/很少有错误）。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
发表演讲时，我可以流利地表达。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
发表演讲时，我可以有感情地说话。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
当我非常紧张时，我也可以发表英语演讲。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
发表演讲时，我可以自信地表达。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
发表演讲时，我可以使论点和论据有逻辑地衔接。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
发表演讲时，我可以使用恰当的语言（例如词汇、语法结构等）来处理不同的话题。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
发表演讲时，我可以向观众清晰地表达我的中心思想。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
发表演讲时，我可以用结论来重述我的主要观点。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. 请阅读以下关于“英语演讲准备”的陈述，并从 1-7 之间选择“不同意”到“同意”的程度。

- 1: 非常不同意; 2: 不同意; 3: 略微不同意; 4: 中立;
5: 略微同意; 6: 同意; 7: 非常同意

	1	2	3	4	5	6	7
我会很勤奋地准备演讲。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
在演讲方面，我是一个努力的人。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
一旦我决定为演讲做准备，没有什么能阻止我达到目标。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
我不允许任何事情阻止我准备演讲。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
我花了很多时间和精力来改善我演讲方面的弱点。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. 请阅读以下关于“英语演讲焦虑”的陈述，并从 1-7 之间选择“不同意”到“同意”的程度。

- 1: 非常不同意; 2: 不同意; 3: 略微不同意; 4: 中立;
5: 略微同意; 6: 同意; 7: 非常同意

	1	2	3	4	5	6	7
在演讲时，我的思维会变得混乱，杂乱无章。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

演讲中我会因为焦虑表现较差。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
我一直担心会忘记我准备说的东西。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
在发表演讲时，我非常紧张以至于忘记我原本记得的内容。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. 请阅读以下关于“英语演讲策略”的陈述，并从 1-7 之间选择“不同意”到“同意”的程度。

1: 非常不同意; 2: 不同意; 3: 略微不同意; 4: 中立;
5: 略微同意; 6: 同意; 7: 非常同意

	1	2	3	4	5	6	7
演讲时我会注意我的节奏和音调。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
演讲时我会注意我的发音。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
我会试着让自己像一个母语者一样做演讲。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
演讲时我会注意我的讲话是否流畅。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
我试着清晰地演讲，让观众听清楚。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
演讲时当我感到焦虑，我会试着放松。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
我会试着去喜欢 Pecha Kucha 演讲。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
我会试着给听众一个好印象。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
我会鼓励自己去表达自己想表达的东西	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. 在整个 Pecha Kucha 准备过程中遇到过哪些困难？哪些环节比较具有挑战性？

14. 鉴于 13 题中的困难和挑战，你是如何克服和应对的？

15. 你最喜欢 Pecha Kucha 的地方是什么？为什么？

16. 你最不喜欢 Pecha Kucha 的地方是什么？为什么？

17. 你对自己的表现满意吗？如果是，请问哪些点最满意？如果不满意，希望提升哪些点？