During my speech I did an exceptional job at giving my audience lots of data/statistics on how media effects individuals. I used citations heavily, and definitely taught the audience something. On top of that I used good hand gestures, annunciation, eye contact, and delivery of content. Because of this my audience seemed well engaged, and somewhat interested.

Consequently I paced back and forth/side-to-side a lot during my speech, this lead to some distraction, and was almost obvious. Relaxing more and focusing on staying still would benefit the speech. In addition I could have talked more about the data I presented and gave some insight as to what it means, instead of just regurgitation information. This would have increased my speech length and made it more coherent.

Overall I am satisfied with my performance in front of the class, there were mistakes here and there, but nothing critical that vastly hindered the speeches content. More practice, refined speech, and relaxation would have brought about superb performance during my speech.