

### Student Self-Assessment Guidelines for Each Speech

During the course you will give five speeches. Two of which will be ungraded (the Ice-Breaker and the Celebratory speeches). It is important that you reflect on how well you did for each speech. The following guidelines can help you:

- The important thing is not to be too hard or soft on yourself. The goal is to give an honest self-assessment regarding what worked and did not work so that we can continually improve.
- Be sure to share your reflections in your journal. Here are some questions to think about as you respond: (Note that some of them might not apply to your earlier speeches. Feel free to respond to the ones that do)

	<b>Minimal</b> (I need to really work on this!)	<b>Okay</b> (I can do better!)	<b>Great</b> (I excelled at this!)
1. Did I connect with my audience? Why or why not?			
2. Did my opening work? Did I grab their attention?			
3. Did I set up my speech well?			
4. Did I have a strong outline?			
5. Did I explain my main points and sub-points clearly?			
6. Did I do enough research and find interesting and appropriate supporting evidence?			
7. Was my structure pattern appropriate for the type of speech I gave?			
8. Did I have appropriate transitions?			
9. Were my visual aids effective? Did they communicate what I wanted?			
10. Did I have a worthwhile speech that benefited my audience?			
11. Was I sensitive to the needs and potential noise and filters operating in my audience?			

12.	Was my delivery strong or weak? What do I need to work on?			
13.	Did I make sufficient and appropriate eye contact?			
14.	Did I speak loud enough or too softly?			
15.	Did I speak clearly and have good articulation, pronunciation, and enunciation?			
16.	Did I have too many non-fluencies?			
17.	Were my gestures and movement too much, too little, or just right?			
18.	Did I dress appropriately?			
19.	Was my conclusion effective?			
20.	Did I finish strong and have enough energy during my speech?			
21.	Did I read my audience well and did I need to adapt to them?			
22.	Did I have self-confidence?			
23.	Did I have effective storytelling skills?			
24.	Did I visualize myself giving a great speech before I gave it?			
25.	Did I practice my speech enough?			
26.	Did I accomplish my goal?			
27.	Did I accept the encouraging and constructive criticism well?			
28.	Overall was I satisfied with my speech? Why or why not?			
29.	What other question should I ponder?			

Here are a couple of other questions to ponder:

- What did I like best about my speech?
- What did I like least?
- What is my plan to improve?
- What do I need to work on?
- Overall was I satisfied with my speech? Why or why not?

- What other question should I ponder?
- As can be seen from the questions above, responding to these questions can help you improve. They will also be the criteria your professor uses to grade your speech.
- Some of you might find it helpful to find someone in the class with whom you can share these responses and learn from each other.
- It is sometimes difficult, but it is helpful to watch your speech as you evaluate yourself.
- Remember to not be too hard on yourself. You may be just beginning and it takes a long time to master the art and craft of public speaking.