

Name: _____ Evaluation Date: _____ Submission Date: _____

This is due back on _____ Which video was this?: _____

If you have been taped giving a pitch or oral presentation, I require you to watch and review your own tape and submit this document back to me. I *encourage* you to have someone else watch it with you and give constructive criticism. First, answer these checkoff questions:

T F

☐ ☐ I watched the video of my performance, as instructed, from beginning to end.

☐ ☐ I had someone with me when I reviewed my video.

☐ ☐ I appeared calm, in general, from beginning to end.

(If false, I appeared nervous ☐ only at the beginning or ☐ throughout).

☐ ☐ I spoke at *about* the right *pace* throughout.

(If false, I spoke ☐ at too quick a pace or ☐ too slow a pace).

☐ ☐ My presentation was forceful and *projection* strong most of the time.

(If false, my presentation was ☐ weak or subdued, ☐ too overtly aggressive).

☐ ☐ I had some problems with fidgeting, poor posture, or other distracting mannerisms.

☐ ☐ I appeared to be unprepared or disorganized.

(If true, this is because ☐ I actually *was* unprepared or ☐ I was merely nervous or unsettled).

☐ ☐ My delivery was poised, fluid and natural most of the time.

☐ ☐ My delivery sounded as though it was memorized or rehearsed.

☐ ☐ My delivery was awkward, stilted, or even boring.

I was guilty of the following crimes:

☐ FOX ☐ TOff ☐ Too fast, Jack! ☐ BlueFacing

☐ JUAD Firetruck ☐ mumblemumblemumble ☐ TechnoBlabber ☐ MuByBor

Now write a short evaluative essay on the back of this page. If you checkmarked deficiencies above, address them and, if appropriate, suggest how they might be remedied. How might you improve?? If a friend watched, what advice was offered by the friend?