**MIS581: Self-Evaluation Form**

**Name: John Kolich**

**Title/Topic of Speech: Self-Introduction**

**Please answer the following questions in detail (*meaning a minimum of two complete sentences per question*). Feel free to type your answers after the questions below. Your completed self-evaluation should be uploaded to the Week 1 Capstone Milestone page for the self-introduction speech and to the Week 8 Capstone Project page for the final assignment.**

How well did you believe that you explained and supported your ideas?

The ideas were explained and supported well. Of note, the limited conclusions one can draw from the results is explored.

Did you state your purpose and speaking topic?

Yes, the purpose is stated in the overview. The literature review further expands on the goals of research.

Did you state your thesis?

A hypothesis is stated, not a thesis. The overall theme of the presentation is given within the first two to three slides.

How effective was your introduction?

The introduction provides powerful data supporting why low back pain is important. I believe viewers would be interested as the information likely applies to them.

Did you preview your main points?

Main points were presented on a per-slide basis. No preview was specifically used.

How effectively did you use transitions?

Transitions were not necessarily used as the presentation flow makes sense.

Did you provide adequate nonverbal support?

Speaking over a PowerPoint presentation limited the ability to use nonverbal support. Intonation was used to emphasize points.

Did you use visual aids?

Most slides contained visual aids. They were adequate and not distracting.

Did you cue for closure?

A conclusion and recommendations slide summarizes the research. The ending was not abrupt.

Did you restate your thesis and main points?

The main points were restated in the conclusion. In addition, recommendations paved the way for further research.

Looking over your Microsoft Office Presenter Coach report, what were your areas of strength? What areas do you need to work on? How do you plan to address these areas?

I am effective at reducing filler speech and utilizing speech cadence. Several times words were stumbled over, this was consistent among all practice sessions. I perform much better to a live audience, so speaking over a PowerPoint was difficult.

What is the link to your Youtube video?

<https://youtu.be/LsuoBbrNqhQ>

Github link:

https://github.com/jtkolich85/MIS581