**Self Evaluation Form**

After your speech, watch your speech video to complete this form. It can be handwritten.

See syllabus for deadlines.

Based on the recording, cite an example to support each of your observations.

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| --- | --- | --- |
| Example | Specific aspect you did well | Time from Video |
| 1 | Used humor | 14:31 |
| 2 | Conclusion wrapped up the speech nicely |  |

What aspect of your speech needs the most improvement?

|  |
| --- |
| Used filler words more than I should, said “um” a bit too much |

Based on the recording, cite an example to support your observation.

|  |  |
| --- | --- |
| Specific aspect you need to improve | Time from Video |
| Stuttered / tripped on words | 15:00 |
| Used “um” awkwardly | 15:39  16:12  16:24  16:30  16:48  Trust me theres more |

What section of your speech do you need to develop further next time?

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| --- |
| The section where I talked about academics could have been done better by incorporating a story. |