**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 | Eye contact – felt like eye contact was decent given that I didn’t look at the outline too much | 3:06 |
| 2 | Talking about relatable aspects of a complex topic | 6:09 |

What aspect of your speech needs the most improvement?

|  |
| --- |
| Speech delivery can use improvement. Not gonna lie I wrote the speech two hours before presenting so I had no idea what I was doing. |

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

|  |  |
| --- | --- |
| Specific aspect you need to improve | Time from Video |
| Better / more meaningful / more impactful hand gestures | Entire speech |
| Less stuttering and empty silence for thinking and better posture | Entire speech |

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

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| Conclusion was weak this time so I will try to improve that next speech. |