**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.

|  |  |  |
| --- | --- | --- |
| Example | Specific aspect you did well | Time from Video |
| 1 | Overall energy was better than usual | 2:02 |
| 2 | Eye contact was decent | 1:06 |

What aspect of your speech needs the most improvement?

|  |
| --- |
| Forgot a lot of citations lmao |

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

|  |  |
| --- | --- |
| Specific aspect you need to improve | Time from Video |
| Stuttered a lot in the beginning and used a lot of unnecessary filler words | 0:24 |
| More meaningful movement | The whole speech |

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

|  |
| --- |
| I should probably develop my introduction better because first impressions are important and I did not do that well there compared to the rest of my speech. |