

Name \_\_\_\_\_  
1 Minute Speech

1. What did you talk about.
2. Why did you pick this to talk about?
3. How long did you talk for?
4. On a scale of 1 – 5 (one being a low score and 5 being a high score) how would you score yourself with eye contact, hand gestures and posture? Explain your choice.
5. On a scale of 1 – 5 (one being a low score and 5 being a high score) how would you score yourself with movement and eliminating barriers? Explain your choice.
6. On a scale of 1 – 5 (one being a low score and 5 being a high score) how would you score yourself with showing appropriate emotion? Explain your choice.

7. On a scale of 1 – 5 (one being a low score and 5 being a high score) how would you score yourself with your volume (not only loud enough to hear but change of intonation)? Explain your choice.
8. If you could do it over, what would you change?
9. What did you like about your video?
10. What did you not like?