

Sample Self-assessment Checklist

The following self-assessment form encourages each student to assess her or his own speaking efforts with a view to overcoming speech apprehension.

Rate yourself on a scale of 1-5 (5 being the best), showing how well you feel you accomplished the following; then comment to elaborate on your self-assessment.

My Speaking Efforts	Further Comments
___ I co-operated with other group members and performed my share of the necessary tasks involved in planning the proposal.	
___ I rehearsed my portion of the presentation, both by myself and with other group members.	
___ When I was rehearsing, I paid attention to my voice and thought about how to improve any bad habits I have.	
___ During my presentation, I focused my attention on the message and the audience.	
___ I spoke slowly and distinctly.	
___ I tried one or more physical relaxing technique(s) before and/or during my talk.	
<p>One thing I did well is: _____ _____</p> <p>One area I will work on for my next talk is: _____ _____</p> <p>I specifically plan to: _____ _____</p>	