**Reflective Journal 4**

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| **KEY PERFORMANCE AREAS** | **YOUR REFLECTIONS AND SELF-ASSESSMENT** |
| Perform learning activities, submit assignments, prepare, practice and deliver speeches on time (as per our Class Scheduled Plan of Activities | I believe that I completed all in class assignments to the best of my ability. I prepared and practice my speeches before presenting. All my assignments with the exception of my persuasive speech I have completed on time and properly. I just needed more time in my day than I could get the weeks before my persuasive speech. I was swamped in other classes. |
| Execute effective communication, collaboration and/or leadership skills (creating positive influence on your team mates and classmates as well) | I think I collaborated well with my team. I’m not a group person most of the time, but I did well collaborating and working with the group, via helping everyone know when they were presenting and what was expected of them. I was able to clarify many things for my group members that they did not understand. I do believe that I researched my topics thoroughly and properly cited my sources in my presentations. |
| **R**ender well-thought out speeches, reflections, and work output | I presented well thought our speeches and reflective journals. I took the time to make sure I answered questions properly and presented clearly and effectively. If I take anything out of a learning experience I always note it because it is important to give credit were credit is due. |
| **F**ulfill the ethical requirements of public speaking (AVOID: plagiarism, ethnocentrism, egocentrism, and commission of fallacies) | I can tell you that I do believe I fulfilled these requirements through my speeches. I never used another person work as my own and I never put anybody down through my speeches. |
| **O**vercome undesirable communication habits; manage speech anxiety or fear or nervousness | I hate public speaking because I get nervous. I think I overcome that somewhat through out the semester. I presented effectively and tried to consciously pick up on me saying umm and over using “and” in my speeches. |
| **R**eflect well on the learning process and learning accomplishments. Do you feel that with all your accomplishments, you would be able to present valuable learning output or accomplishment in your e-portfolio? | I think I would be able to show a great learning experience through my E portfolio because I feel like I have accomplished a lot through my public speaking in this class |
| **M**aintain positive attitude, practice positive core values, and philosophy in life and show appreciation of the value of lessons learned in this course to one’s personal, academic and professional goals. | **I think that I could apply the confidence in public speaking I have gained in this class to my life. In job interviews and so on. I also will never ever forget to cite my sources because you have drilled that into our heads.** |
| **A**pply the principles and techniques of effective speech preparation and speech delivery as well as apply speech **evaluation skills** (being able to assess the effectiveness of one’s own speech delivery or performance and that of others) | I think I am a more lenient evaluator because I know that a lot of people just are busy with other classes and might not have had enough time to prepare effectively. Plus a lot of people have major anxiety that’s harder to overcome so I try not to be too harsh. I think when I have delivered my speeches I did so in a clear concise manner. |
| **N**urture and enrich communication potentials for personal, academic and career success | I obviously tried to enrich my communicating skills because good communication skills are a key to the rest of anyone’s life. So I took communicating with you and other people in the class seriously. |
| **C**ommunicate in a positive, ethical, respectful, and professional manner | I think I communicated in a positive ethical way when communicating with you and other class mates. I always try to be very respectful of the people around me. |
| **E**ffectively use technology | I used angel often to see what we were doing in class and to check my grades. It was also an effective tool to communicate with you. |