



# Speech Self-Evaluation Form

Meeting Day/Time

Speaker \_\_\_\_\_

Date of Speech \_\_\_\_\_

Goal/Type of Speech \_\_\_\_\_

Level \_\_\_\_\_

Topic \_\_\_\_\_

## Watch your video while you evaluate yourself

Check item below, if applicable	Needs improvement	Satisfactory	Above Average
<b>1) Professional Appearance</b> <i>Well groomed and dressed in appropriate "business casual" attire for Speakers League, or for the topic of the speech.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>2) Eye Contact</b> <i>Clearly not reliant on reading the speech. Frequent and extended eye contact with the camera lens.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>3) Smoothness of Delivery</b> <i>Did not lose place frequently or stumble over words during the speech, causing distracting breaks in the presentation. Reading the speech without strong eye contact is not satisfactory.</i>	Appeared that member primarily read the speech <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>4) Gestures</b> <i>Gestures werenatural, constant and added interest to the speech.</i>	Not applicable yet.	<input type="checkbox"/>	<input type="checkbox"/>
<b>5) Vocal Variety</b> <i>Used power, pacing, pitch, and/or pauses to add meaning and interest.</i>	Not applicable yet	<input type="checkbox"/>	<input type="checkbox"/>
<b>6) Visual Aids</b> <i>Appropriate number of non-distracting visual aids were used to help the audience members understand and remember what they heard. Screen-sharing (if applicable) was handled smoothly.</i>	Not applicable yet.	<input type="checkbox"/>	<input type="checkbox"/>
<b>7) Organization</b> <i>The speech conveyed a thesis or theme, i.e. a central idea, purpose, or specific topic, and followed a logical order or format to explain, persuade, or prove.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>8) Understandable material</b> <i>Speech was relevant and appropriate to most of the group, and did not require significant prior knowledge of the topic to understand, enjoy, and/or learn from the speech.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>9) Effort Invested</b> <i>Topic was substantive and presentation demonstrated meaningful preparation and practice invested by speaker.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>10) Met Time Eligibility</b> <i>Speech length met the established eligibility point for this speech.</i>	<input type="checkbox"/> No	<input type="checkbox"/> Yes <small>Level III + and JSL Advanced members must meet eligibility to "pass" their speech.</small>	

How many times did you practice your entire speech aloud? \_\_\_\_\_

What areas for improvement do you plan to focus on? \_\_\_\_\_

Check here to confirm that you completed this self-evaluation form while watching your speech video.

Level II (and JSL Intermediate) speakers, in addition to meeting the stated goal of the speech, should rate "Satisfactory," or better, in at least 7 out of 10 in the categories above. Speakers in Level III, and above, (and JSL Advanced) should rate "Satisfactory," or better, in 8 out of 10 areas above.

Yes No

Comments

Do you feel you met the goal of the speech?

\_\_\_\_\_