**FINAL REFLECTIONS**

**There are a total of 5 questions for your Final Reflections and there are 2 pages for this guide.**

1. How well do you think have you accomplished each of Key PERFORMANCE objectives of this course? Why do you believe so?  Use the table below to make your self-assessment.

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| **KEY PERFORMANCE AREAS** | **YOUR SELF-ASSESSMENT OF YOUR PERFORMANCE** |
| Perform learning activities, submit assignments, practice and deliver speeches on time (as per our Class Scheduled Plan of Activities | I believe I was able to accomplish all the learning activities to the best of my ability. Sometimes I had some trouble choosing what to speak about and the info that was going to be involved but over all I am happy with the speeches I have presented. I was able to accomplish all of the activities on time but I would have liked to have a little more time going over my speech before delivery day. All together I feel like I have done much more than I expected in a class like this. |
| Execute effective communication, collaboration and/or leadership skills | In my own opinion I think our class had some trouble working in teams. I loved feeling like a whole when we had huge class discussions which made it easier when everyone gave there own ideas instead of just 4 or 5 people talking in a group especially not knowing anyone from the beginning. It was not a struggle collaborating with everyone in class I just think some chose to more than others.1. Were you able to bring enlightenment to others when things seem fuzzy to them or were confusions originating from you, actually?
* I try to help people as best as I can. Sometimes in class I was a bit confused with what was going on but my questions were always answered which I tried to be the same way towards the rest of the class.

2. Were you able to apply the principles of effective public speaking from doing thorough research to citing your sources properly to following effective IBC and AIDA techniques?- Yes, after knowing how to properly sit sources and finding the right research techniques I am able to use that information to help others. I now know how important it is to site sources properly. |
| **R**ender well-thought out speeches, reflections, and work output  | -I took all the help I could get. I am not good with powerpoints and getting my point mainly across. During this class I was able to learn how to do so. I watched other powerpoints and took in the info the teacher presented to make my speech better than it would have been without knowing any of the right techniques. - I am very conscious about my learning process. I take school very seriously and not knowing how to do something gets me very anxious. I do my best to figure out what is going on and what is needed to be done but I am not one who is afraid to ask for help.\_ Well. I know what kind of job I did after I am finished. I either am satisfied with my work and then there are times I would like to go back and add something or change some info. I like to reflect on past work to make the next task better than the one before it. |
| **F**ulfill the ethical requirements of public speaking (AVOID: plagiarism, ethnocentrism, egocentrism, and commission of fallacies) | After this class I have learned how wrong plagiarism, ethnocentrism, etc are and I did my best to not present any of them in my speeches. I have learned the proper way of doing and avoiding these things which made my speeches better and has taught me things for the future. |
| **O**vercome undesirable communication habits; manage speech anxiety or fear or nervousness | I am one to always be playing with my hair or biting my nails. I get very anxious when speaking in front of anyone and my chest does get very ready because of how nervous I get. I noticed many of times I would cross my legs or I would move my arms but the good thing is I noticed I was doing something wrong and I was able to fix it. When you realize how not proper those kinds of movements and gestures are you begin not to do them as much. I am very happy with how comfortable I have gotten. |
| **R**eflect well on the learning process and learning accomplishments and be able to present valuable learning output or accomplishment through an e-portfolio  | **I hope when I look over my videos and finish my e-portfolio it is something I want to look at myself. If I am not happy with what I am providing I know other people will feel the same. I imagine it to all come out as I hope but sometimes that does not happen. I am looking forward to seeing my progress and accomplishments I have made.** |
| **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 had an uneasy attitude coming into the class. It is not a class I knew I would be comfortable with but with the people and instructor it was very easy to be myself. I was able to accomplish so much because of the ethics and help of the instructor. The lessons learned in class are valuable to my goals set for my future. Lessons that I will need for the rest of my life have been taught and learned in such a short amount of time and I am very thankful I had the opportunity to take the class. |
| **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 believe I did the best I could in the speeches I delivered. I am not always comfortable talking in front of a group especially people I do not know. If you gave me music and told me to dance in front of a million people it would be no problem but when you dance there is no stuttering or no wrong info being given. So, I think I did the best of my ability and I am happy with the work I had presented. Everyone in the class surprised me. The confidence of some of the students is so influential and I loved being able to learn about them on a more personal level. The topics of all the speeches were very interesting some even I wanted to hear again. |
| **N**urture and enrich communication potentials for personal, academic and career success  | I tried my best. I would love for my communication skills to be at a higher level. If you gave me a random topic to discuss in front of people I have known for awhile it would be no problem so learning how to do so in front of strangers was a challenge but something I know I would have to face at some point. I will keep striving to make communicating easier with everyone around me. |
| **C**ommunicate in a positive, ethical, respectful, and professional manner  | My classmates and instructor made it easy to talk about anything during and after class. I have become friends with my classmates. I feel like everyone is more comfortable and everyone’s opinion is always accepted. It is easy to communicate in class. |
| **E**ffectively use technology | Angle is awesome! Whenever I needed something that is all I would have to go on. Especially with the instructor everything was always posted. It makes it so much easier to see the assignments and activities that are due. If I did not use Angel I would be lost, not only in this class but in all of my others classes also. |

1. What factors **facilitated** your achievement of the Key PERFORMANCES Objectives? Or, or **hindered**, if you failed to achieve fully all the objectives?

The class as a whole; All the learning activities and everything that was taught during class. It was easy to answer all of the questions because the class was not confusing, nor hard to understand.

1. How do you intend to continue nurturing your skills in effective communication? What will you do so that you can further strengthen the skills you have learned from this course?

I am going to try speaking out to more people that I do not know. I am going to build confidence in these areas so when I am dealt with speaking in a big crowd I will have no worries. I love to talk. I love knowing what I am talking about. I will continue to practice my speaking and body language and posture to strengthen the aspects of public speaking I need help in. I am going to communicate with more people to gain strength in those areas.

1. Using 3 to 5 words, describe your overall learning experience in this course. Explain briefly each word you gave to describe your learning experience.

Fun – I had a good time everyday in class and it was a good time. The learning was fun and easy and made the class something to look forward to.

Easy –the class was not all around easy, but how the info and assignments were given, made it easy to know how and what had to be done.

Needed – The learning experience and lessons were greatly needed in my own life. I learned many aspects of speaking and the proper ways of doing so which will help me in the future.

5.     Give 3 to 5 words that you believe best describe your Instructor's teaching style and approach in this course. Explain each word you gave.

Determined – The instructor was determined for her students to do good. If something did not come easy she would find ways of making it easier for us students.

Straight to the Point – Every assignment was always given and reminded of on Angel. It was hard to misunderstand an assignment and if it was misunderstood there was always another suggestion or approach given.

Great – I could not have asked for a better public speaking instructor. Public speaking is not one of my strong points but she made it easy and fun to learn and present in class.