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COMM 1020-14  
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October 18, 2010

## Video Self-Evaluation

### **Appearance**

After watching the video, I felt that the clothes I chose to wear gave me credibility and were professional. I noticed that I pushed my glasses up a lot and thought that it may be a good idea to wear contacts or go without the glasses for my next speech. I thought that my shirt and tie were a good choice and that my hair was neat and professional looking. Overall I thought that my appearance was good.

### **Organizational Pattern**

I think that the introduction was a good way to start off the speech. The personal experience helped the audience relate with the benefits of the program. After the intro my organization went in a different direction than I had planned. I got a little off track when relating me personal story, and I should have followed the outline a little closer. I didn't want to read the cards too much but I think it did have an impact on my organization and also the introducing of sources. I thought I did well. I could have stated my main points before the story, so that the audience had a clearer idea of what my main objective was and what I wanted them to take away from the speech. I think that in the end everyone had had a pretty good idea what the program does and what sort of impact they have had in saving consumers money and protecting the environment.

### **Vocal Qualities**

During the speech my projection and volume were good. I sound monotone and realize that I could vary the pitch and use some inflection when speaking. Perhaps the most noticeable

thing about my speech is the use of “ah” and “um” as filler words. I need to really pay attention to that in my next speech. I think that is another cost of not reading the speech from my note cards. I think I can improve on using those so much if I rehearse and practice the speech more. I noticed I used the filler words a lot, especially during the intro, which I planned on just telling the audience and I didn’t practice that part.

### **Delivery**

I thought the delivery was alright. I used my hands to gesture some of the points. I was actually surprised that I used my arms and hands as much as I did. So I was pleased with that. I did pace back and forth a lot during the delivery, but I feel like I made good use of the space. Aside from the filler words I thought that the speech went better than I had expected. I thought I showed the visual aids well and did a good job of explaining terms that the audience may not understand.

### **Visual Aid**

The visual aids were a strong point of the speech. They were simple, clear, large and easy to see for everyone in the audience. I thought the energy guide label worked well and that the audience was able to follow along and understood how to read it. I felt like I delivered the visual aids well, putting each up at the appropriate time during the speech. I think I could have given one more visual of the energy guide label on an appliance.

### **Audience Connection**

Pathos: I think the audience related well with my introduction and personal experience. I think that most people are concerned about the state of the environment and wonder what steps they can take to remedy the situation. I think my audience connected with the subject and the

facts I provided about pollution and energy conservation. I could have appeared more passionate about the subject by using some pitch variation for emphasis instead of sounding monotone.

Logos: I thought I provided some good information to back up my claims about the subject and what they are doing to protect the environment. I did introduce the sources, but could have done better. I chose the facts carefully and I thought that gave some real meaning to the speech.

Ethos: I think my appearance and my personal experience gave me credibility with the audience. By using the United States as the primary source for my information I think it gave the information some value. I think that the filler words hurt my credibility by making it appear as if I was hesitating or that I didn't know what I was talking about.

### **Strengths**

I think the strongest part of the speech was probably the personal story that I began the speech with. I think the source of my information was a good one and that I gave some meaningful and useful figures about the subject. My appearance and visual aids were good. The visual aids went well and I think I did a good job of explaining the significance of the visual aids. Also I think that I did a good delivering the visual aids at the right time.

### **Areas to Improve**

The first thing I noticed was the filler words. I need to practice the speech more in front of family or friends and ask them to point out when I use the "um" and "ah" words. I think I can improve on that. I think I can also improve on pacing back and forth. I can make my movements more purposeful than just walking back and forth. I can be more thorough about introducing my sources. I think that most of the weaknesses will improve with more practice and preparation before the next speech.

