



SELF-EVALUATION ACTIVITY 2

PERSONAL EXPERIENCE OF PUBLIC SPEAKING

OBJECTIVES

1. To self-evaluate the experience of public speaking.
2. To begin to distinguish between the various elements of oral competence and self-assess (strengths and weaknesses).
3. To set learning objectives for the course.

TIME NECESSARY

Free.

NUMBER OF PEOPLE

Individual.

TECHNICAL NEEDS

Paper, pen, and computer.

INSTRUCTIONS

1. Write a short text explaining your experiences in public speaking, your achievements, and your fears.
2. Then make two sections: one for your strengths and one for your weaknesses as a speaker.
3. Finally, explain what you intend to do to improve your speaking skills in this course.

GUIDE FOR SELF-EVALUATION AND REFLECTION

Example:

I have to present often in class in various subjects and, in general, I think I succeed, but sometimes I get nervous, although classmates often tell me that it doesn't show.

- My strengths are:

1. Intonation, because I speak with a lot of conviction.
2. The structure of my speech because I am very structured and detailed.

- My weaknesses stem from the overemphasis I sometimes place on my strengths:

1. I sometimes speak with so much conviction that I seem to have a very imposing tone.
2. I am so structured that I can focus too much on the order of content and details, and make a presentation too "perfect", with too much information and too many details.

For this course/training I intend to improve on the weak points: to speak more calmly without imposing on others with my attitude, as well as to give less information and use more emotional resources that make it easier for the listener to really retain it.