



SELF-LEARNING ACTIVITY 1 - RECOGNISING VICTORY

OBJECTIVES

Be aware of the points to be improved in an oral intervention.

TIME REQUIRED

A while before and after delivering the oral presentation.

NUMBER OF PEOPLE

Individual.

TECHNICAL REQUIREMENTS

The table to fill in (either in paper or digital format).

INSTRUCTIONS

1. In view of an oral intervention, write down the aspects that could be improved so that you can have them at hand and present them.
2. Remember aspects such as the way you look at the audience, the volume of your voice, body position, gesture, repetition of gestures or words, attitude towards the audience, preparation of the topic, nervousness...
3. Choose only one, so that you concentrate on only one, and not on all of them at the same time.
4. Once the oral intervention has been made, write down your feelings and thoughts in the different sections proposed in the table. Fill in the table as you give oral presentations.

	How has it gone?	What have you improved?	How have you felt?
PRESENTATION 1			
PRESENTATION 2			

6. You may also find it helpful to write down your assessment of the presentation in the form of a personal diary, as in the example below:

"Today, on Thursday the 23rd of November, I wanted to focus on looking at the audience. At the beginning of the presentation, I started by looking at Carla and Marco (my best friends) because they made me feel more at ease. Afterwards, I widened my gaze, and I was able to look at more people. I felt good and I realised that I could do it. YAY!"

SELF-EVALUATION AND REFLECTION GUIDE

Observe yourself to learn from your strengths and what needs to be polished.

The more you are aware of how you have worked on the presentation and how you have delivered it, the more careful you will be in your self-evaluation. It is important to go little by little with the detection of those elements that you decide to focus on in order to improve them.