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Introduction Video Self-Evaluation

 The three things I think I did well on my intro video are opening up with my topics to keep a lengthy discussion, maintaining a steady pace when speaking or not speaking too fast on certain parts, and not fidgeting or looking too nervous. However, the three things I think I could improve on are improvising on what to say, speaking more clearly and loudly, and having a better posture when speaking because I noticed that I was hunching.

My goal in this course is to improve on those things and also to become more confident, not only when presenting speeches, but also with ordinary conversations and interviews.