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Self-Evaluation & Reflection

I was pretty nervous when filming this introduction video as I did not feel comfortable even if it was not in front of anyone but myself. I had a hard time as well as I kept making mistakes which meant I had to keep restarting and re-filming. When re-watching my introduction video, I saw that I had a hard time making eye contact as I constantly looked away from the camera. I repeatedly paused a few times as I forget what to say next and lost my train of thought.  I look nervous and I kept mumbling. It was evident that I lacked confidence.

My goal for this courses to gain confidence in public speaking. I want to lose all these bad habits and attain those of an effective speaker. Before any class presentation for all courses, I tend to always get nervous and worried, so I would like to learn how to feel comfortable speaking in front of an audience.