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CO210

Reflection

After working on my self-introduction video and watching it myself, I realised that there are a few things I need to work on in order to improve myself. Whenever I give a speech or talk to a group of people I tend to do certain things which distract the audience from listening to what I say. These are things that all of us have certainly done at least once. I need to learn ways to stop myself from stuttering, avoiding eye contact, fidgeting, being repetitive, making long pauses, and many more.

Personal Goals

What I want to accomplish by the end of this course is to learn ways to help better myself when I give speeches. I want to greatly improve my confidence whenever I do public speaking. I want to perfectly pronounce words and continue saying them without stuttering or having long pauses. I want to stop fidgeting and start moving in a way that gives the audience an impression that I know the subject at heart. These are all of the things and skills that I want to have by the end of this course. I know that this is a lot to ask for, but I will do my part as an individual to accomplish all these things.