**Self-Introduction Speech**

“Hello, everyone! My name is Cristine Riena Alfonso, and I was born and raised here on the island of Saipan. I was born on the 9th of September, 2000; which means that I am currently 17 years old, and that my zodiac sign is a Virgo. So, I graduated from my former high school at the age of 16, and my former high school was Marianas High School (also known as MHS). Because of that, I was able to get a head start in life in regards to my career path and my college education; which is why I am currently enrolled to the Northern Marianas College (also known as NMC), and I’m currently pursuing my associate’s degree in Nursing. I’m currently pursuing my associate’s degree in Nursing because I would like to become a nurse one day in the future, specifically a registered nurse, here on the island of Saipan. More about myself: I don’t have a favorite color at the moment. However, I am growing a liking to the color orange. As for music, I tend to lean towards the indie: indie genre, indie folk, indie rock; and as for hobbies, I really do enjoy volunteering, and I do enjoy biking. However, unfortunately, I haven’t been doing either of them lately because I tend to focus a lot for my studies – for my education. I see that I’ve met the time, so thank you for listening to me! Again, my name is Cristine Riena Alfonso, and I’m looking forward to seeing your introduction as well. Goodbye!”

**Reflection**

After watching my self-introduction speech, I noticed that I spoke in a different way once I clicked on the record button. When speaking to other people who I do not deem as friends, I noticed that I tend to speak a lot more professional or serious; which I think is a good thing because then the people to whom I speak with would then take me seriously as a colleague. I also noticed that I had trouble pronouncing words (not only in this video, but also in real life) when I start to feel nervous; which I think is a bad thing because it might confuse my listeners, or it might change the tone of my speech. Often times during this video, I would look around my room; and I realize now that it sort of looks as if I was reading off of something. Well, no – I wasn’t reading anything, actually. Whenever I try to look for the right words to say, I tend to look around my area. I also look around whenever I am trying to think; and I think that is a bad thing because it might give my listeners the wrong message, or it might make them feel less appreciated if I were to not look them in the eyes when conversing or giving a speech. Surprisingly enough, I do not think that I looked too nervous in this self-introduction speech video; I actually looked very much the opposite. When creating this video, I realized that it was a bit awkward to start and conclude it because I wasn’t so sure on what I should say or how I should conclude things.

**Goals**

When conducting a speech, or talking in general, I would like to improve on my nervousness. I would like to improve on my nervousness because it is the main source of everything that I am flawed in when doing something. When I get nervous, projecting my voice may vary depending on how nervous I am; and eye contact is usually executed pretty well, but when I start to feel very anxious, anything can happen. Often times, I would do little things -- such as pinch my fingers or bite my lips -- to help me become less nervous. However, I do not think that these “little things” help with my composure. Other than that, preparing and practicing my speech is something that I should be doing rather than “winging it,” which is what I did on my self-introduction speech. Another goal I would like to achieve throughout this course is to care less of what other people think of me or what I say. I noticed in my reflection that I often worried more about how my audience might feel towards me or my speech, rather than being more concerned on how I would feel or think. I want to prioritize myself more.