**Self Assessment:**

So after watching my introduction video, I found certain things that I could be better at doing.

* **Slow down**: When I was introducing myself, I was talking faster when I started to feel nervous. I also looked away when I wasn’t confident in what I was saying.
* **Less arm movement**: My arms were flying everywhere as I spoke, maybe a little less of that would show that I am much more comfortable with presenting.
* **Enunciation**: I was slurring at some points where it was impossible for people to understand what exactly I said.

Overall, I think that my presentation wasn’t too bad. I seemed pretty confident most of the times, definitely need more work to improve on and hopefully by the end of this fall i’ll be a much more confident speaker.