Self evaluation rate from 1-5 and explain ( 1 being the lowest and 5 being the highest)

* How was your eye contact?

4- I think my eye contact was good, but I could improve on it since I did look at my notes once or twice.

* Did your facial expressions, body language (stance, movement) and gestures distract from or enforce the message?

4- my body language was there but since I was just recording the top part of my body, it did not show as much.

* Little to no filler words (use of Ahs, Ums)

2- I used fillers through my video. Need improvement.

If you had the opportunity to deliver this speech again what are the top 1-3 changes that you would make?

* Avoid unnecessary pauses
* Rehearse more
* Use little to no filler words

Citation: Windingland, D. (2012, April 12). How to Self-Evaluate Your Speech. Retrieved from https://www.virtualspeechcoach.com/2012/04/18/how-to-self-evaluate-your-speech/