**Self Introduction Speech**

Hi! My my name is Rayna Oh, and I was born and raised here on Saipan. I am 16 years old and I graduated from Marianas High School when I was a sophomore. Now, I am a freshman at Northern Marianas College and I’m currently pursuing my associates degree in Liberal Arts. I am currently pursuing my A.A in Liberal Arts because I don’t know what career I want to study for or do in the future. I like to read and sleep, and I practically do that every single day. I also like to eat food, however I mostly eat noodles and potatoes, which are my favorite kind of food. I tend to stay indoors because I don’t like going outside and if it’s not really required of me to go outside, I won’t. I also like to listen to any type of music and I hate doing anything too strenuous. Well, that’s it. Thank you for listening to my video, and bye!

**Reflection**

After watching my self introduction video, I noticed that I wasn’t really comfortable in it and I acted differently when the recording started. When I am recording a video or presenting something to audience, I always get nervous and tense. However, that doesn’t happen when I am amongst my friends and family. In the video, I noticed that I was tense and nervous. When I get nervous, it seems that I start making a lot of mistakes. One of them was having trouble pronouncing words. I always have trouble pronouncing words in everyday life, but I think it is accentuated more in presentations and public speaking. I noticed that when I have trouble pronouncing words, I accentuate my words to make it clear when speaking; however it was really transparent in the video. Another mistake I found was that I stuttered and I looked really awkward in the video. I also noticed that I scrunched up my face when I paused or thought about what I had to say next. I also look upwards to the side, sideways, or downwards whenever I speak, and it looks like I reading something from a screen when I’m not. Surprisingly, I think I did well on my self-introduction video. While I was a little bit nervous, it didn’t show up in the video a lot. Even though it was slightly boring and I didn’t speak enthusiastically, I acted and spoke professionally -- which happens every time I speak in front of an audience. I used a bit of body language, made eye-contact in the video, and make subtle mistakes. When creating this video, I noticed that it was kind of hard ending it and I paused a little. Although, I think I was a bit awkward during the beginning, the middle, and the end of the video because I was recording myself.

**Goals**

When I am speaking in front of an unknown audience or to a camera, I would like to be more comfortable around them. The main things I would like to improve on is my nervousness and speak louder. I would like to improve on my nervousness because every problem I have comes from it. When I get nervous, I tend to stutter, have trouble pronouncing words, forget some information, and avoid eye-contact. Those are just some of the things I do when I am nervous. Every little mistake I make when I speak in front of an audience affects my composure. Another thing I would like to improve on is to speak louder because wherever I am, I just never seem to do that; speak louder. Another goal I would like to improve on is to be more comfortable around anything or anyone when I am speaking. I noticed that when I was recording, I realized that I tried to get it as perfect as possible because I knew that people were going to watch it. I would just like to achieve this, so I wouldn’t be so awkward or tense when I present anything. I want to be more open around strangers.