

Name _____

Self Rating Sheet

Ideal Communication Style

Areas of Concentration

After you view the videotape, rate yourself in the following categories
(10 = excellent; 1 = poor).

Eye Contact	<input type="text"/>
Facial Expression	<input type="text"/>
Nervousness	<input type="text"/>
Gestures	<input type="text"/>
Pacing/Shifting	<input type="text"/>
Posture	<input type="text"/>
Nonwords	<input type="text"/>
Volume	<input type="text"/>
Pauses	<input type="text"/>
Intonation	<input type="text"/>
Focus on Listener	<input type="text"/>
Clarity of Organization	<input type="text"/>
Right Level of Detail	<input type="text"/>
Effective Visual Aids	<input type="text"/>
Transitions	<input type="text"/>

Comments: