**Reflective Journal 4**

Fill-up the right column of the table. **Replace the instructional notes in** blue fontwith your own responses/discussions. This work is worth 25 points if done well and on time and will also form part of rating or grading you on how well you have achieved the Key PERFORMANCE objectives of this course. Food for thought: **The more you have within you, the more you can give. The little you have within you, the less you can give.**

Note: It is the aim of this Reflective Journal 4 activity that you will recognize (as you write your reflections on this work) that your Key **PERFORMANCE** objectives will be rated qualitatively. It is your honest assessments, reflections, and evaluations of your own performance that will earn merit in this work. “Stating or boosting falsely” about your performance will not help you get a better final grade. For example, d**o not claim and write that you have fulfilled well the ethical requirements of citing sources, if in fact you failed to have done it in one occasion or more. Instead, write as honestly as you can how you have performed and have learned well in the process. If you did not perform well, in one key area, reflect well on it. You may discuss how do you intend to reform and better yourself in that area in your future endeavors.**

**Tip:** Use the feedback I have provided you in reflecting on your performance. Honestly review your efforts and dedication you have given to all the learning tasks in this class and reflect on the fruits of such endeavors.

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| **KEY PERFORMANCE AREAS** | **YOUR REFLECTIONS AND SELF-ASSESSMENT** |
| Perform learning activities, submit assignments, prepare, practice and deliver speeches on time (as per our Class Scheduled Plan of Activities | Replace the text here with your own assessment or evaluation of:-The activities in class were never a problem for me. You explain everything and if it’s not fully understood then I will be explained. - I feel I always delivered on schedule. The class was allowed plenty of time to prepare and produce a great presentation. |
| Execute effective communication, collaboration and/or leadership skills (creating positive influence on your team mates and classmates as well) | - Replace the text here with how well you were able to communicate, collaborate, and create positive influence on your teammates and classmates.  The class I have I don’t think know how to work together as a TEAM. I would like to believe I was a positive influence on my class being older and hopefully showing them all how important an education is. Many of the students have great possibilities but me as an individual I was not able to really communicate with any of them.When it comes to POSITIVE INFLUENCE answer the following questions:1. Were you able to bring enlightenment to others when things seem fuzzy to them or were confusions originating from you, actually?

Unfortunately I didn’t have a relationship with anyone in class and never spoke to anyone about class assignments.1. Were you able to apply the principles of effective public speaking from doing thorough research to citing your sources properly to following effective IBC and AIDA techniques? Once I learned how to actually cite my sources it really was simple. I loved being able to teach my son something he needed.

3) Other positive influences you can reflect on or recall. The only thing I can think of is just speaking in class on things that were questionable to me that maybe it helped others. |
| **R**ender well-thought out speeches, reflections, and work output  | Discuss how much efforts have you given to every task we have in class and outside class so that you would be able to deliver good speeches? I work a great deal on my speeches. I hope every time to improve from the previous time.Discuss how conscious are you of your own learning progress? I strive daily to learn more and retain all information not only in this class but all classes.How well do you make reflections on your learning progress each time you deliver a speech or accomplish an activity? I enjoy watching the video of my speeches to see what I did and hopefully how I improved if at all.  |
| **F**ulfill the ethical requirements of public speaking (AVOID: plagiarism, ethnocentrism, egocentrism, and commission of fallacies) | Discuss how well did you fulfill the ethical requirements of public speaking such as AVOIDING: plagiarism, ethnocentrism, egocentrism, and commission of fallacies)I did what I was taught to avoid plagiarism and I know I was taught right so in that case I did great! |
| **O**vercome undesirable communication habits; manage speech anxiety or fear or nervousness | Discuss how well did you work on even the minor habits that could make your speech less effective? Examples of these habits include but are not limited to: reading or depending on your notes or on the PowerPoint, saying a lot of ums and other fillers during speech, not citing sources properly, putting your hands in your pocket, scratching your head, slouching, etc.) I need to work on my speech habits. I allow my nerves to take over at times. I will get better. |
| **R**eflect well on the learning process and learning accomplishments. Do you feel that with all your accomplishments, you would be able to present valuable learning output or accomplishment in your e-portfolio?  | **Discuss how you imagine your overall accomplishments to look like in your e-portfolio. Do you feel and think that you would be able to present valuable learning output or accomplishment in your e-portfolio? If I can get my e-portfolio to look the way I can imagine it in my head then it will be great. I hope the things I learned will influence others and know never give up you can do anything.** |
| **M**aintain positive attitude, practice positive core values, and philosophy in life and show appreciation of the value of lessons learned in this course to one’s personal, academic and professional goals. | Reflect on your personal attitude towards this class and your instructor. Do you think that you were able to practice positive core values, and philosophy in life in the manner you have presented yourself and your work accomplishments? I personally enjoy this class and the instructor is great. It is nice having someone that really knows there material and comfortable with teaching it fluently.***Discuss how valuable do you think are the lessons learned in this course to your personal, academic and professional goals. All I can say is this course is very valuable in a professional manner. It also relates to your life personally for the fact I feel it gives you confidence when it comes to talking with others. As for academically it helps in my communication with classmates as well as my professors.*** |
| **A**pply the principles and techniques of effective speech preparation and speech delivery as well as apply speech **evaluation skills** (being able to assess the effectiveness of one’s own speech delivery or performance and that of others)  | Give this part your thorough evaluations of your own speech delivery performances and your ability to evaluate the speeches of your classmates. All I can say here is in the beginning I was very nervous and unsure of myself. As time has progressed I am more confident and relaxed. I enjoy the presentation from the classmates its interesting seeing the way everyone interprets the same assignment.  |
| **N**urture and enrich communication potentials for personal, academic and career success  | Discuss how well did you strive to nurture and enrich your communications skills while in this class. I come to class most of the time and through that I have improve greatly on my communication skills. |
| **C**ommunicate in a positive, ethical, respectful, and professional manner  | Discuss how well you were able to communicate in a positive way, respective, ethical, professional way your honest thoughts, personal viewpoints in your manner of speaking and writing to your classmates and to your instructor. My only down fall I feel is the communication with my class mates and I think its just because of the difference in age and priorities. |
| **E**ffectively use technology | Discuss how well you have used Angel and all its features to your own learning advance. If it wasn’t for understanding Angel and how to use it. I would be so lost not only in this class but in them all. |