Presentations Skills: Eye Contact, Body Language and Speech

**Self Evaluation Form** Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Presenter: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| Skill | Score | Comment |
| I made eye contact with everyone in the audience at least one time. | 1 – 2 – 3 – 4 – 5 |  |
| The eye contact I made was more than just a glance. It was meaningful eye contact. | 1 – 2 – 3 – 4 – 5 |  |
| I smiled and enjoyed talking to the audience. | 1 – 2 – 3 – 4 – 5 |  |
| I stood up straight, with my head held high | 1 – 2 – 3 – 4 – 5 |  |
| I didn’t pace up and down, but moved naturally. | 1 – 2 – 3 – 4 – 5 |  |
| I used my hands to make interesting and useful gestures. | 1 – 2 – 3 – 4 – 5 |  |
| I spoke clearly and loudly, but didn’t shout. | 1 – 2 – 3 – 4 – 5 |  |

(1 is lowest 5 is highest)

Total Score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Average Score (total ÷ 7): \_\_\_\_\_\_\_\_\_\_\_\_\_\_