Personal Listening Reflection

**Speaker:**  **Name:**

**Topic:**  **Date:**

Based on the speaker presentation, rate yourself in the following areas:

 Rating: Poor OK Excellent

1. I maintained good posture. 1 2 3 4 5 6 7 8 9 10
2. I made eye contact with the speaker. 1 2 3 4 5 6 7 8 9 10
3. I had a positive attitude. 1 2 3 4 5 6 7 8 9 10
4. I ask at least one question. 1 2 3 4 5 6 7 8 9 10
5. My attention was on the speaker. 1 2 3 4 5 6 7 8 9 10
6. Overall my participation was: 1 2 3 4 5 6 7 8 9 10

Add the numbers from the six statements for your Total Score: \_\_\_\_\_\_\_\_

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