

CAREER EDUCATION LIFE

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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