**Reflective Journal Writing 1**  Heather Laputka

**Overwrite and Use a Creative Title Here**

1. **My Assessment of my own learning progress**
2. **How relevant or valuable and how can you make use of things learned into your**

**personal, academic or career endeavors?**

To start my reflective journal, I would like to make note of an extremely important piece of advice that was given the first week of classes. We were told something along the lines of, don’t doubt yourself, don’t worry about what others think, having confidence will make your speech flow more freely and naturally. I think this will help me in a lot of other classes as well as speech. It will also help me at work and in my future employments. I think that is extremely important in learning, taking what you learn and applying it to other aspects of your life.

I also learned helpful material to assist my with my speech. We went over different types of speech, which is definitely important. Knowing what the types of speeches are and what is included in these different types will help me to better prepare for these types of speeches, if and when the time comes. We went over the importance of being loud and clear when presenting, having good language and knowledge, being able to captivate the audience, and many other things to help our speeches be as successful as they can be. We also talked about the things that can make our speeches unsuccessful and uneffective, such as talking to slowly, degrading the audience, and so on. Knowing the positives and negatives of speech giving has helped me in developing my speech and will help me when delivering my speech. This information will help me to feel more confident when giving my speech because I know what I need to make sure I do, as well as what I shouldn’t do. Knowing this ahead of time will take off some of the pressure.

Writing my speech outline seemed to come easily for me. I think this is mainly because we went over what was to be accomplished in our outlines in class before we had to submit our outlines. At first when I looked at the outline, I was intimidated because it looked like a lot to cover. Once I began to fill out my outline, the ideas flowed out and I thought of what we talked about in class about transitions and main ideas. This was extremely helpful and made me feel so much more confident about giving my speech. I feel like I am almost fully prepared and ready to go with my first speech ever!

1. **Factors that enabled or caused poor learning**
2. ***Personal Factors that that contributed to my learning***

I think that because I know I will soon be delivering a speech, I have the drive to pay attention in class and take helpful notes when I feel something is of importance and will help me when developing my speech. I also do well when having to learn new things and absorb new information in my classes. I strive to achieve good grades in my college career and make the Dean’s List each semester, therefore I make sure my work for the class is done on time and done to the best of my abilities. I also strive to make it to every class, no matter what the circumstances may be. I use my angel account to check up and go over the lessons we discuss and class. I also use angel to check on dates of our assignments and what is going on in class.

1. ***Instructional Factors***

So far in the class I have not had any trouble understanding you in the classroom. You make your lessons clear, and the powerpoints definitely help as well. The only problem I have at times is the emails on Angel are sometimes confusing to me. I’m not sure if it’s the way they are worded or just that sometimes there is so much information to read over, but as I get used to the way you email it is becoming easier for me to understand what is needed to understood through Angel. Other than that, I can’t think of any problems I am having with your teaching styles. You know what you are talking about when speaking to us in the classroom, and I feel you are very knowledgable about how to deliver an effective speech.