**Reflective Journal 2 Student Name:** Heather Laputka

**CAS 100 Speech Communication Due: October 23, 2009**

Activity 1: Compute or Estimate Your Current Grade **(20 points)**

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| **Instructions on Computing Your Scores** | **Points/Score for each area:** |
| If you have submitted your **Reflective Journal** **1** on time, give yourself 25 points for your Reflective Writing 1. If you have submitted your work late but not beyond 5 days after its due date, deduct 10% from 25 multiplied by the number of days late, then that should be your score. | **Reflective Journal**    25/25 |
| If you have submitted your Informative Speech Plan or Outline on time, give yourself 25 points. If you have submitted this work late but not beyond 5 days after its due date, deduct 10% from 25 multiplied by the number of days late, then that should be your score. | **Informative Speech Plan**  or Outline    25/25 |
| If you are sure you can submit your Reflective Journal 2 on time, add 25 points to your points. | **Reflective Journal 2**    25/25 |
| Grade your efforts to participate in the learning process (i.e., attendance and participation in classroom sessions and activities). The highest score to be earned for 8 weeks is 80. Simply count the number of days you were present in class. Include excused absences that you incurred with proper notification and/or proof for reason of absence provided. Attendance and participation points should be 3 points each Monday and each Wednesday and 4 points each Friday. Do not give points to yourself on days you made unreasonable **absences e**specially if your attendance has been plagued by some days of long absence or plagued by on and off presence in class. Count only the days you were present and days you were reasonably excused due to proper notification and/or proof provided. | **Efforts to participate in the learning process: Attendance and Participation in classroom sessions and activities.**  72/80 |
| Adding all your scores on the four areas above that you have ethically and fairly computed, write the total and divide it with 155. The resulting number will be your **average** so far from out of these four areas of grading we have covered. | Overall Score: 147/155  Average: 94.8% |

**Activity 2: Make a qualitative Assessment of your learning progress in the second month or the last four weeks: Weeks 5, 6, 7, and 8 (September 21 to October 16). For 60 points,** write or discuss your qualitative inventory and reflective analysis of valuable things, ideas and insights, leadership, and communication skills you have gained during this period **b**ased on all the lessons and learning activities covered to include lectures, discussions, activities, speech deliveries and evaluation sessions we had. **Important Note:** **You will be graded based on the substantial amount of ideas, knowledge, skills, and insights you have accumulated for the period as can also be gauged through your performance and demonstrated efforts to take part in the learning process.**

**During the past four weeks of class, I have been working on my informative speech. During the process of preparing my speech and preparing to deliver my speech I have learned a great deal of material. I have obviously learned a huge amount about global warming, which was the topic of my informative speech. In order to prepare to deliver my speech, I practiced my voice and facial expressions. I’m not sure they came out in my speech as I practiced them because I was somewhat nervous in front of the class compared to in front of my mirror and my family. As I practiced my speech, I tried out different levels of my voice to see what I thought sounded best, which has helped me learn how to produce more or less sound and to sound more professional, which will help me in my chosen career path of the future.**

**After giving my speech, I feel I have learned how to become more comfortable in front of a crowd of people. I also feel I will gain further insight when I watch my speech on youtube.com and see the evaluation form. Also watching other people give their speech has allowed me to gain further insight on how to improve my own speeches. For example, I see some people talking quiet and I take that into account when planning and preparing my own speech. Also filling out the evaluation forms, as well as going over the criteria on the forms, has been helpful in allowing me to understand what qualities are needed to produce an effective speech.**

**When I view my own speech and complete my self evaluation, I feel that will be extremely helpful and insightful. I will learn what I need to improve on, as well as what my strong areas in giving a speech are. This will be extremely helpful to me when I am preparing and presenting my next speech. It will also help me in my other classes when presenting materials and in my future. Speech will be very important to my future career of teaching. This course is of great help to me and I will carry the lessons I have learned with me into my future.**

**Activity 3: Reflect, give your grade goal and plan for action (20 points)**

Based on the quality of learning as you have discussed in Activity 2 and based on your work accomplishments as you have computed in Activity 1, make a discussion of the following:

1. What are your areas of strengths such as time management, work ethics, diligence, attitude towards learning in this course, interest in gaining knowledge and skills from this course, etc.?

* I feel that my strengths are my work ethics and my attitude towards learning. I feel that my work ethics are a strong point because I have the desire to work hard and get what needs to be done completed in order to obtain a good grade. I also feel that my good attitude towards learning is a strong point because having a positive attitude on learning and gaining new knowledge helps the learning process in an extreme way. I am also interested in learning good speaking skills in this course which is obviously going to be a strong point. Any desire to learn and gain knowledge is a strong and helpful point of one’s self.

1. What are your weak or problem areas that are affecting your performance and your learning progress, if there are any?

* If I had to pick one weakness, it would be my time management, but in all actuality the way I manage my time helps me more than it hurts. I push my work off until the last minute, but I feel this is helpful to me because over my years of being in school I have learned that when I push it to the last minute I strive to work harder to get it done and have it completed to its best form. Many would consider this a bad way to manage time, however in my school career; it has ended up being a positive. When I work on the materials right before they will be due, I work hard and I feel I think clearer. When I have a lot of time to complete something and try to start it early, I usually have other things on my mind and don’t put as much attention towards the task at hand. I will put time management under my weaknesses only because of what society would consider my management of time. However, in the end for me, it helps me complete a better quality of work.

1. What grade average or letter (example 86 or B or 95 or A) you have intended to obtain from this course within the period covered? Were you successful in obtaining this intended grade? Could you honestly say that you have endeavored well since the beginning of class to achieve this grade? If you have, what factors enabled you to begin right with this class? **If you have not, what factors prevented you from giving your best efforts in order to obtain your aspired grade**?

* I have strived to receive an A or a 95+. On Angel it has my grade posted as a 100%, so unless Angel is posted incorrectly I have been successful in obtaining the grade I have intended. I have endeavored well since this course began to achieve this high grade. I work hard and attend class in order to receive a high grade. The factors that enabled me to start this course off on the right foot are simply my willingness to learn, my positive attitude towards learning and being in school and knowing that achieving a high grade will also be account for achieving a great deal of knowledge to be used in my future.

1. In the final term, what grade average do you hope to obtain from this course? What obstacles do you foresee or anticipate that could possibly hinder your success in obtaining this grade? After pointing out **possible obstacles**, discuss what **personal strategies** you may employ to overcome these obstacles.

* In this final term I hope to keep the grade I have obtained up until this point. I do not see any obstacles that will stand in the way of me keeping my high A. In the final term of this course I will be presenting my persuasive speech which I feel confident in presenting. Because I have started off the class so well, I see no trouble in finishing the class off in the exact same manner.