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Reflective Journal 3

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Cas 100A Sec 001

My persuasive speech topic was on why you should not drink soda. I talked about the bad effects that soda has on the body like tooth decay, calcium depletion, kidney damage, sugar overload, and obesity. I also stated healthy alternative to drinking soda. After delivering my persuasive speech, I feel that I have learned and improved more on my speaking skills. My PowerPoint making skills have improved greatly and I am familiar with the format of making a great speech. I have learned to be better prepared and more knowledgeable on my topic before giving my speech. I showed evidence of this when I was asked questions by students after my speech. I was able to answer the questions quickly when being asked. I feel like I am better at citing sources, stating main points, and stating a conclusion.

This class has helped my feel more comfortable in speaking and presenting in front of an audience. It has also better prepared me in handling pressure when being graded or judged. This will help me in my future career because it will make me feel more comfortable during an interview or a presentation at work. I plan on being a doctor or pursuing a career in the medical industry and the skills that I have learned will help me in working with people. During my academic career I can use the skills that I have learned in this class to advance in other courses. This class will help me cite sources, present in front of crowds, and make a powerful PowerPoint.

If I was asked to give advice to a fellow student about how to succeed and gain knowledge in speech class I would greatly recommend coming to class. When coming to speech class make sure give your professor your undivided attention and take notes if you need to. Although it can be scary to speak in front of a class, try not to get nervous because all the other students in the class probably feel the same way and will not judge you. I would also recommend going on angel and looking at former speeches as an example on how your speech should be. I would recommend that students pick a topic that they feel strongly about or that they would like to learn more about. It greatly helps to prepare and practice your speech before performing it because it will help you read less from the slides in your PowerPoint.

Many course objectives have been fulfilled throughout the time of this course. We fulfilled overcoming fears and anxieties of performing in front of crowds. Most of the students in the class look more comfortable in presenting speeches and answering questions in class. Students now know how to plan, organize, and deliver their speeches well. Students also learned how to evaluate their own and others work effectively. Overall I do not really have many suggestions. I enjoy the way this course is taught and have learned a lot in this course throughout the semester. I look forward in learning more throughout the final weeks of this course.