

VIDEO SELF-EVALUATION

Directions: Videotape yourself giving a presentation and watch the videotape. As you watch the recording, evaluate your performance by responding to the items on this evaluation. You may want to watch the videotape more than once in order to become comfortable watching yourself.

A. With which aspects of your performance are you generally satisfied? What do you believe may be your presentation strengths?

1.

2.

3.

4.

B. With which aspects of your performance are you least satisfied? What areas do you believe need the most improvement?

1.

2.

3.

4.

C. Overall, how would you rate your performance?

1
(Poor)

2

3

4

5

6

7

8

9

10
(Superior)