**When writing your reflection task, you can reflect on the following:**

**Before the presentation:**

1. How anxious was I? Was my anxiety manageable?
2. What strategies can I use to deal with my anxiety?
3. Does what I eat or drink before the presentation matter?
4. Have I checked my comfort zone in the classroom?
5. Do I need to decide how to keep my hands from shaking?  In case of emergency, do I have an acceptable object (the remote, my note cards or a board marker maybe) to hold handy, or a lectern to hide behind until I feel fine on the spotlight?
6. Have I rehearsed well (standing up, in front of an audience, etc.)? Have I rehearsed too many times and memorized my content?
7. Have I timed my presentation?
8. Have I checked the remote, the laser, the speakers, etc. before I started?
9. If I don't get help from my friends can I start the slideshow myself, use the blank button on the projectors' remote, etc.?
10. Am I genuinely interested in what I am presenting? Besides nerves, am I excited to be talking about this topic?

**During the presentation:**

1. What kind of immediate feedback has helped me?
2. Which friends were more comforting to keep eyecontact with, why?
3. Was I actually interested in what I presented?
4. Was my choice of topic of any interest to my audience? Why/ why not? How could I tell?
5. What do I assume that my audience will remember after my presentation? Why? What did I do that made them remember it?
6. Have I put any effort into relating my content to the audience's background somehow?
7. Have I decided when to pause a little to help my audience decipher my content, to help myself take a breath, to emphasize the importance of what I have just said or would say next, etc.?
8. Which bookish words did not mean much to my audience?
9. Which sentences do I think needed to be paraphrased for my audience to follow me easily?
10. Was my outline audience-friendly? Did I help my audience follow me using signposts?

**After the presentation:**

In retrospect:

1. What would I definitely do differently if I could present again?
2. Would I include more details or fewer, if I could rearrange my content?
3. Did my audience look like they understood my quotation/s, and its importance? If not what could I have done to deliver its message to them?
4. Was there any part that I could add personal content, a joke or an anecdote to enhance the message I intended to give?
5. Did I have a few authentic English fillers in my mind to avoid awkward silence when I was thinking?
6. I would never again....
7. It was a good idea to....
8. When I finished I felt....
9. I can teach myself to....
10. I can survive without....