**Reflect on your evidence or proof of learning accomplishments. For each of our learning objectives, discuss the evidence or proof that can make you truly say that you have achieved each of the learning objectives.**

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| **Reflect well on our learning objectives: Check each and reflect: Did you learn what you ought to learn?** | **How do you know you have learned what you ought to learn? Discuss the proofs or evidence of your own learning corresponding to the particular objective of this course in Column A.** |
| To manifest an understanding of the value of effective speech communication in your personal, academic and professional goals? | I feel that I accomplished this by my grades on my speeches and receiving an A on them. |
| To overcome or transform any fears, anxiety or nervousness in public speaking into a positive driving force towards achieving communication and leadership skills that are vital to one’s personal, academic and career goals? | Compared to my first speech which was my informative speech I felt a lot more relaxed and comfortable in front of the class delivering my persuasive speech, and I feel this helped the overall atmosphere of my speech and allowed me to deliver a very successful speech to my audience. |
| To demonstrate fundamental skills in speech planning, speech preparations and speech delivery? | I always found the outline exercises that we did in and out of class extremely beneficial to me when it came time to prepare for a speech and to put my information I plan to present and thoughts and ideas together. |
| To apply skills in research or gathering of information in support of your own ideas, beliefs or opinions? | I always used creditable research cites to backup any information that I felt was interesting and important not only to me but also for the audience to know about my speech. |
| To organize your ideas clearly, logically, creatively, reflectively, and critically towards a purposeful and effective manner of speech presentation or delivery | I feel that I had very nice organization skills in my PowerPoint which made my speech easier to follow and understand. |
| To effectively use technology and other tools of communication as aid in your speech or as a tool for communication | I was already comfortable with Microsoft Word and PowerPoint and the Penn State’s library database, so it made searching for information easy to do and putting together my information easy as well. |
| To demonstrate skills in delivering informative, persuasive and other types of speeches with confidence, credibility, mastery and naturalness? | The practices we did in class helped with my confidence such as introducing ourselves and talking about a lesson we learned. It gave me a chance to get in front of my audience to really practice mastering delivering my speech and staying confident. |
| To critically assess or evaluate the quality and effectiveness of speech deliveries by others and that of your own? | I feel that many people in CAS 100A and not just myself made great improvements and we will all take what we learned in this class along with us throughout or lives and careers to better ourselves. |
| To execute leadership, coaching or mentoring, or team work, and **collaboration skills** that should come along with the development of effective communication skills. | I did not myself show great coaching skills because I was fairly quiet but I always tried my best to complete my work and deliver speeches with my best effort to show good team work. |