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CAS 100A section 003

Reflective Journal 1

1. Recall and discuss the lessons and activities that we have had for the last 4 weeks now and discuss the important concepts or communication principles you have you learned from those lessons and activities?

Over the past 4 weeks I learned the importance on what should so during a speech like what to do with your hands, eye contact, and attract your audience’s attention. I also learned what you should have in a PowerPoint if you plan on using one for your speech like not overwhelming your PowerPoint with pictures and too many bullets.

1. How relevant or useful do you think are these lessons learned? How can you make use of the things you’ve learned from this class?

I find the lesson relevant to the course because it will help me become more confident when giving speech so that I can organize my thoughts and betters and that’s how I can use the lessons in class and when it comes time for me to give speeches which in the long will become useful to me.

1. Rate your learning performance for the last 4 weeks. Have you been an A or a B student in terms of accomplishing your learning tasks? What student factors (your work ethics, time management, efforts, dedication, etc.) were responsible for the level of achievement in your learning performance? What instructor factors (teaching skills, lectures, methods or approach, course materials used, professional traits, etc.) were responsible for the level of achievement in your learning performance?

I would rate myself a B student just because at some points I waited until the last minute to work on my assignments which relates to my time management. However as far as instructions I had a great idea of what I should do because of all the useful reminders in class and out of class from angel which I check now more frequently for assignment updates.