

Literature & Composition

One-minute Speech

In this assignment, you will be assessed according to your ability to remain poised under pressure, to organize a one-minute speech on one of the following topics, and to demonstrate proper delivery skills (variety, volume, eye contact, posture, etc.). This is a rigorous assignment; you will be under pressure, but you can begin preparing now by:

- Eliminating vocal pauses from your everyday speech (“um,” “er,” “ah,” “like”)
- Practicing variety, volume, eye contact, and posture in your everyday activities
- Reading, thinking about, and rehearsing responses to your topic choice, preferably multiple times

Topic Choices

My favorite childhood memory is...

My hero is... (because...)

My greatest fears are...

When I graduate from high school, I will thank the following people... (because...)

If I won the lottery, I would spend my money in the following ways...

When I imagine myself ten years from now, I see...

My favorite vacation was...

If I could be a certain age forever, it would be ... (because...)

If I could be anybody in the world it would be ... (because...)

If I were a super hero, I would be... My super power(s) would be ...

If I could go back in time and visit the ME that was an 8th grader, I would give the following advice to myself...

My idea of a perfect day is...

The most remarkable movie I've ever seen was...

The most important thing I've learned in high school is... (because...)

When I was a kid, I was scared of... (because...)

When I imagine what my life might be ten years in the future, I see myself...

One character trait I would like to develop in myself is... (because...)

The best Christmas gift I ever received was...

One of the problems in our society that concerns me the most is... (because...)

My favorite article of clothing is... (because...)

The personal achievement I'm most proud of is... (because...)

My most vivid childhood memory is ...

My career ambition is...

My strongest talent is...

The expression / slogan / motto that best describes my view of life is ... (because...)

The social cause that means the most to me is... (because...)

A remarkable characteristic / fact about my family is...

My most prized possession is ... (because...)

My dream job would be ... (because...)

If I could travel back in time, I'd go to the _____ period because...

CONTENT

Name _____

Subject/Knowledge (was the subject appropriate for the assignment and did the speaker appear knowledgeable?)

Poor	Fair	Average	Good	Excellent
2	4	6	8	10

Structure (was it easy to follow where the speaker was going, organizationally, during the speech?)

2	4	6	8	10
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Attention Getter (did the speaker grab your attention and make you want to listen?)

1	2	3	4	5
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Sources (did the speaker cite where they found their information?)

1	2	3	4	5
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Time Limit (how well did the speaker utilize the time that was allotted?)

1	2	3	4	5
---	---	---	---	---

DELIVERY SKILLS

Variety (did the speaker's personality and vitality come through? Or were they monotone?)

2	4	6	8	10
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Volume (was the speaker loud enough for everyone to easily hear them?)

1	2	3	4	5
---	---	---	---	---

Rate (was the speaker's rate nice and conversational?)

1	2	3	4	5
---	---	---	---	---

Vocal Pauses (did the speaker refrain from using "um," "er," "ah," or repetitive words?)

1	2	3	4	5
---	---	---	---	---

Pronunciation/Grammar (did the speaker pronounce their words correctly and use correct grammar?)

1	2	3	4	5
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Eye Contact (did the speaker look at the audience member's eyes during most of the presentation?)

2	4	6	8	10
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Facial Expression (did the speaker have natural and appropriate facial expressions?)

1	2	3	4	5
---	---	---	---	---

Hand Gestures (did the speaker have natural and appropriate hand gestures?)

1	2	3	4	5
---	---	---	---	---

Posture/Feet (did the speaker stand up straight and keep their feet still?)

1	2	3	4	5
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Visual Aid (does the visual aid help the audience understand and remember the subject? Also, you might take into consideration the speaker's professionalism in handling questions, and attire)

2	4	6	8	10
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TOTAL POINTS: _____ / 100

Time _____ *Vocal Pauses* _____