

Smart Goal #1

Standard: Demonstrate the ability to manage and overcome communication anxiety.

<p style="text-align: center;">Smart Goal</p> <p>Specific and strategic Measurable Attainable Results-oriented Time bound</p> <p>Determine a focus area based on a standard</p>	<p style="text-align: center;">Indicators</p> <p>Identify the indicators to achieve the goal. Indicators are the concrete observations made during critique.</p>	<p style="text-align: center;">Measures</p> <p>Identify measures that will be used to assess progress on the indicators.</p>	<p style="text-align: center;">Targets</p> <p>Identify dates base on content outline in syllabus. These can be approximate.</p>
<p>By the end of Spring semester 2007, I will be able to give a speech with confidence.</p>	<ol style="list-style-type: none"> 1. 90% eye contact 2. Pleasant posture 3. Appropriate voice volume 	<ol style="list-style-type: none"> 1. 95 % eye contact/Not looking down more than 4 times 2. 0 swinging back and forth 3. Can be heard comfortably in last row. 	<ol style="list-style-type: none"> 1. April 9, persuasion speech 2. May 9, Professional Presentations