

De Anza College Office of Institutional Research and Planning

To: Russell Hong, Communications Instructor

From: Ola Sabawi, Research Analyst

Date: 7/6/2020

Subject: PRCA24 Post-Survey- Winter and Spring 2020

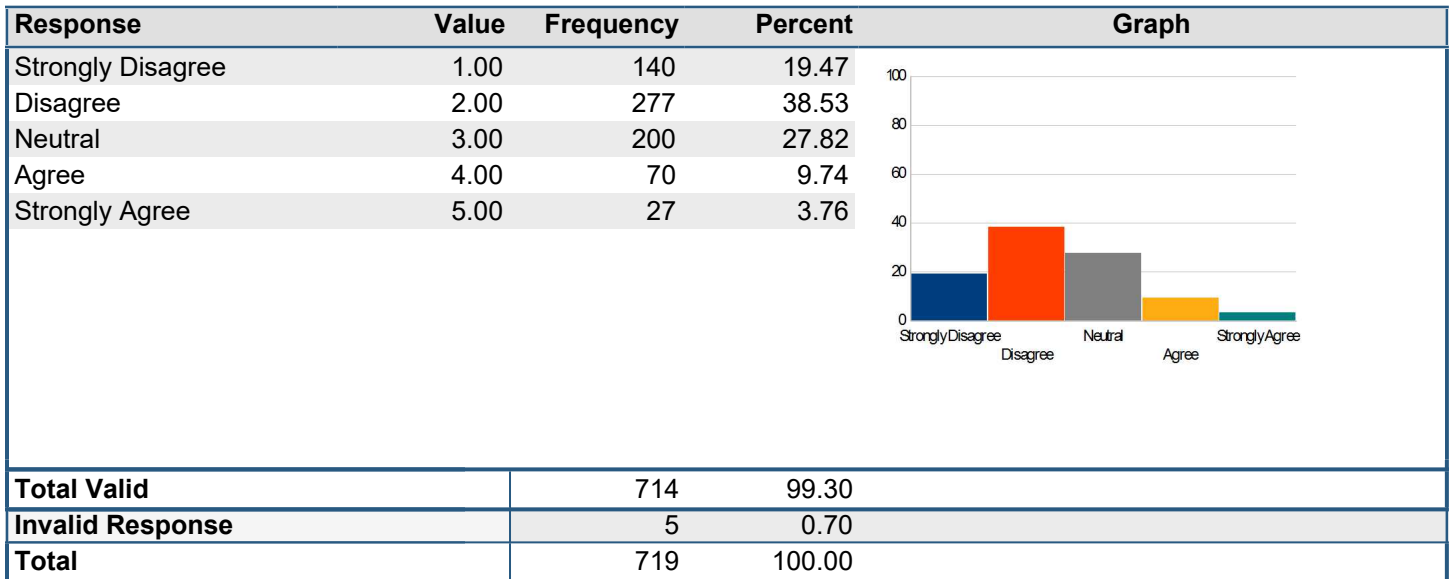
The PRCA post survey was administered at the end of the course during the winter and spring quarters of 2020. This resulted in 719 total responses.

Important Highlights

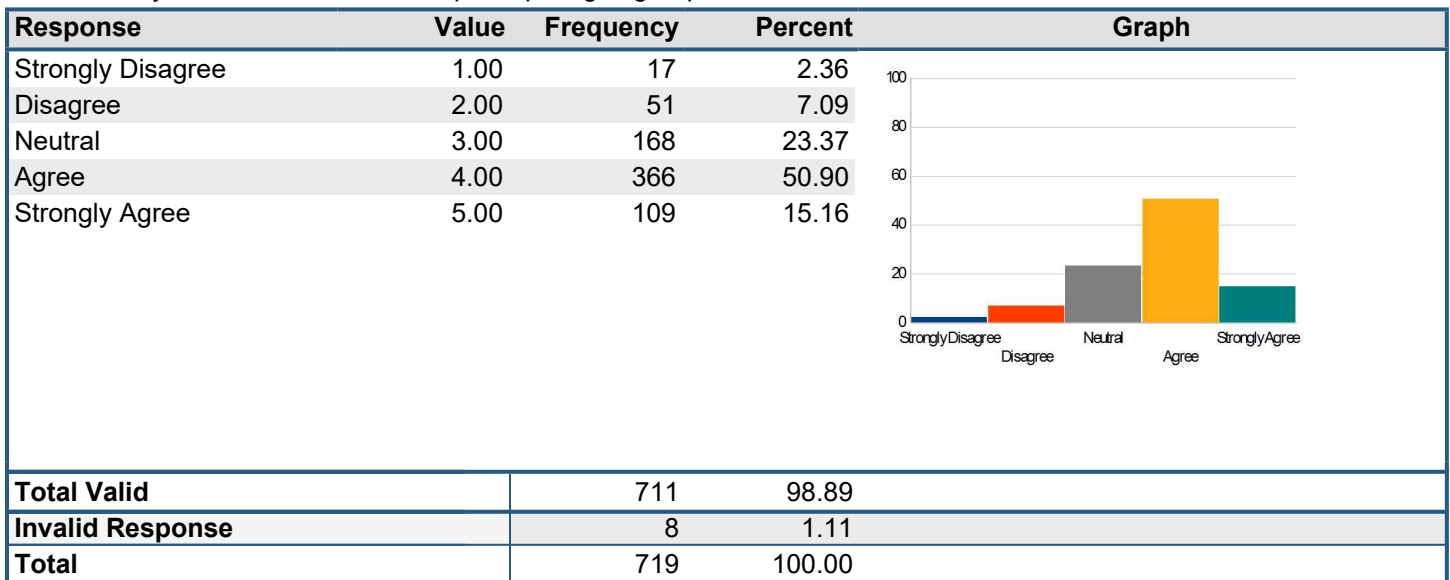
- 66% (475) of respondents “agree” or “strongly agree” that they are generally comfortable while participating in group discussions.
- 20% (144) of respondents “agree” or “strongly agree” that they are tense and nervous while participating in group discussions.
- 35% (249) of respondents “agree” or “strongly agree” that they are generally nervous when they have to participate in a meeting.
- 38% (274) of respondents “agree” or “strongly agree” that they are very calm and relaxed when they are called upon to express an opinion at a meeting.
- 22% (156) of respondents “agree” or “strongly agree” that they are afraid to express themselves at meetings.
- 51% (370) of respondents “agree” or “strongly agree” that certain parts of their body feel very tense and rigid while giving a speech.
- 41% (292) of respondents “agree” or “strongly agree” that their thoughts become confused and jumbled when they are giving a speech.
- 39% (281) of respondents “agree” or “strongly agree” that while giving a speech, they often get so nervous that they forget facts they really know.

PRCA Post-Survey - Winter & Spring 2020

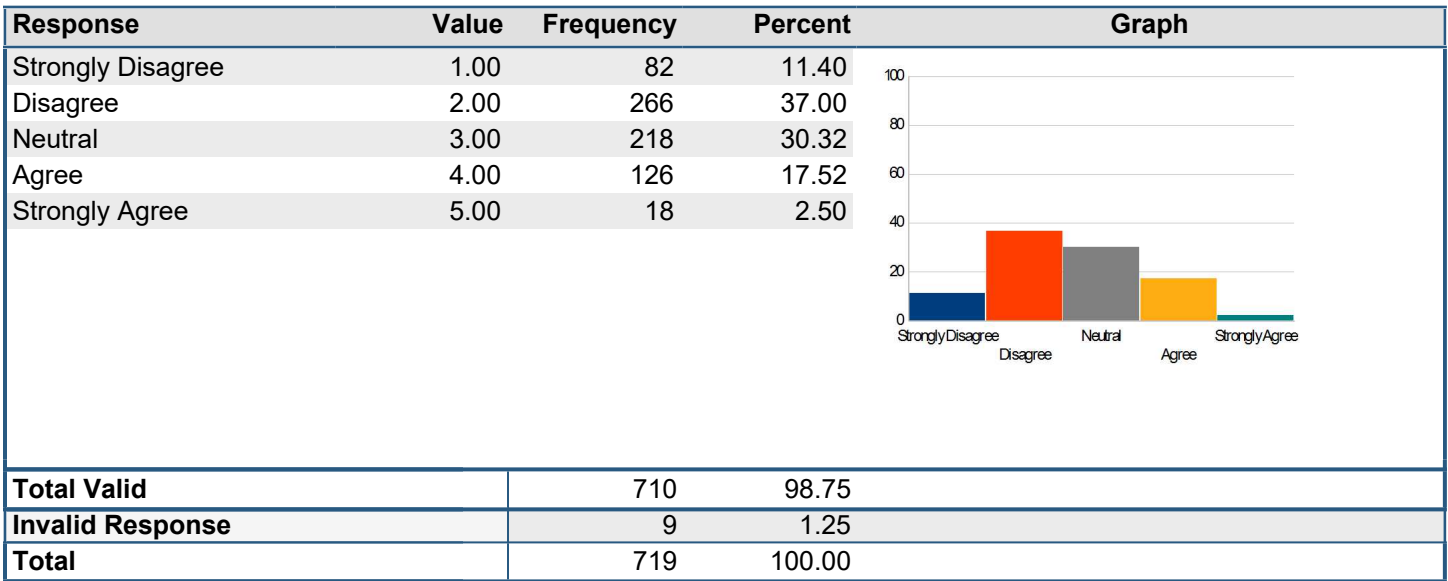
1. I dislike participating in group discussions.



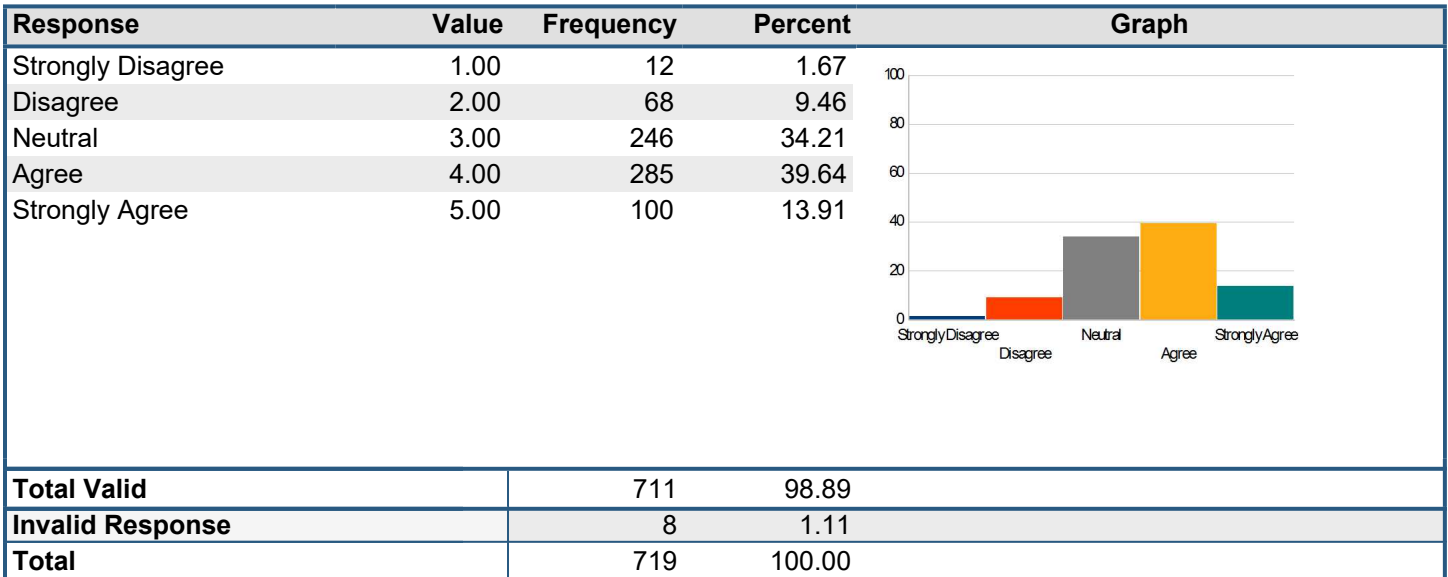
2. Generally, I am comfortable while participating in group discussions.



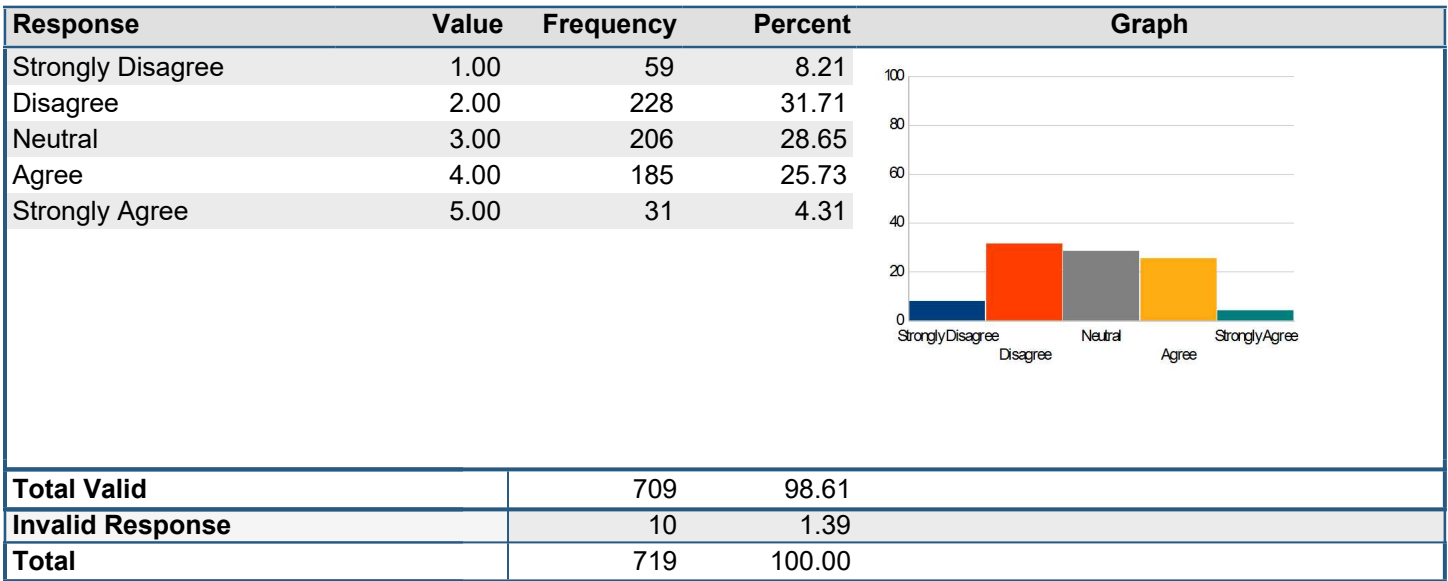
3. I am tense and nervous while participating in group discussions.



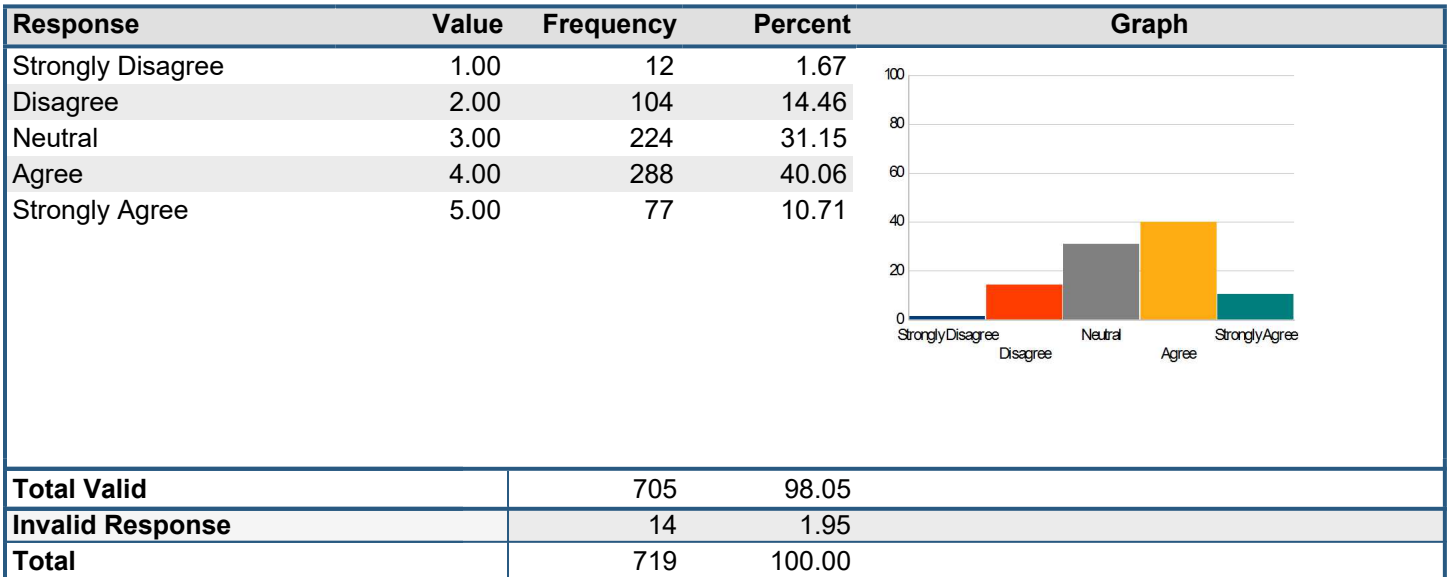
4. I like to get involved in group discussions.



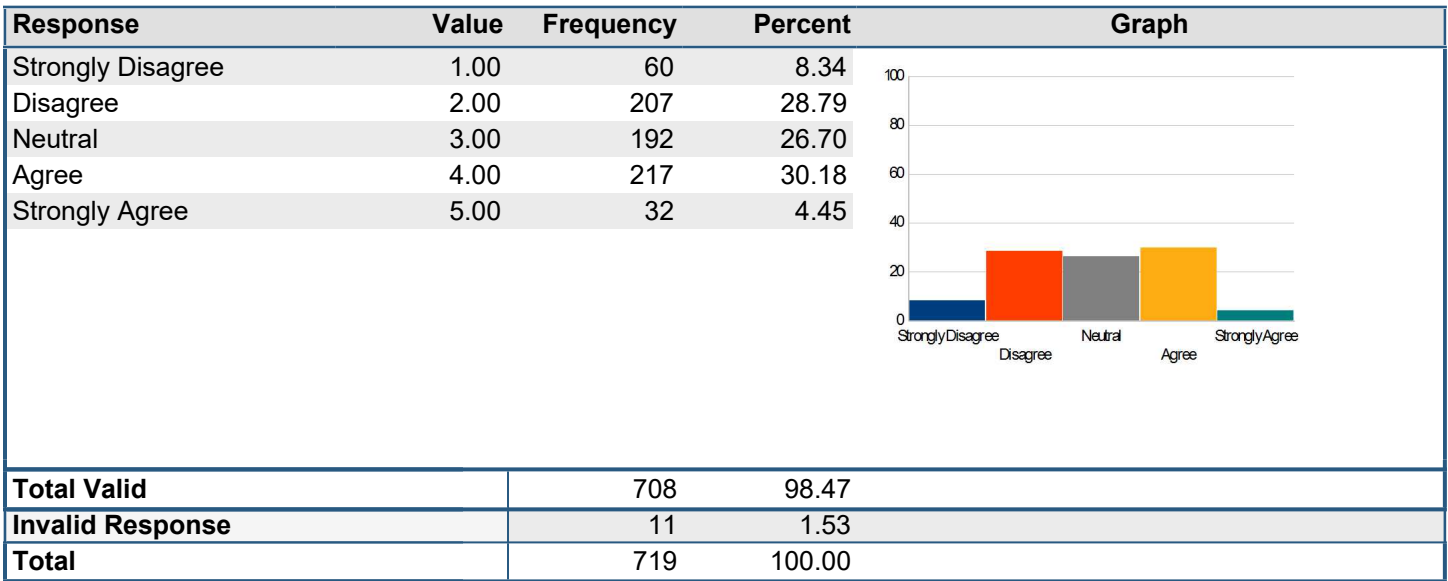
5. Engaging in a group discussion with new people makes me tense and nervous.



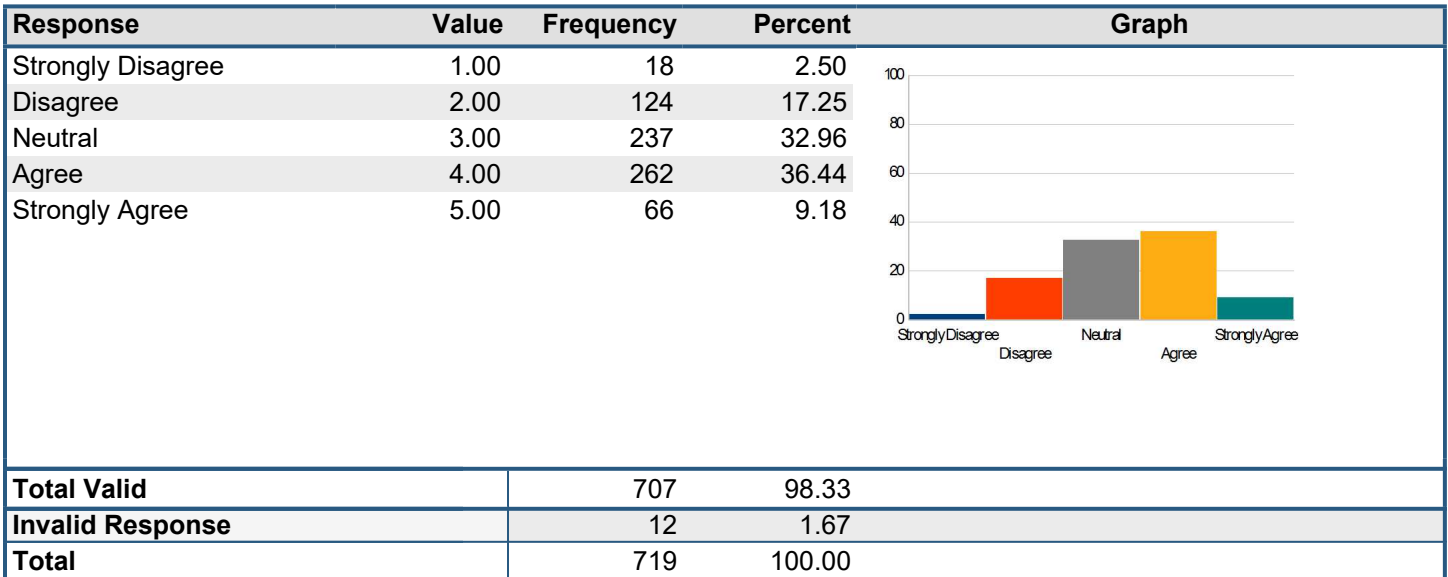
6. I am calm and relaxed while participating in group discussions.



7. Generally, I am nervous when I have to participate in a meeting.



8. Usually, I am comfortable when I have to participate in a meeting.



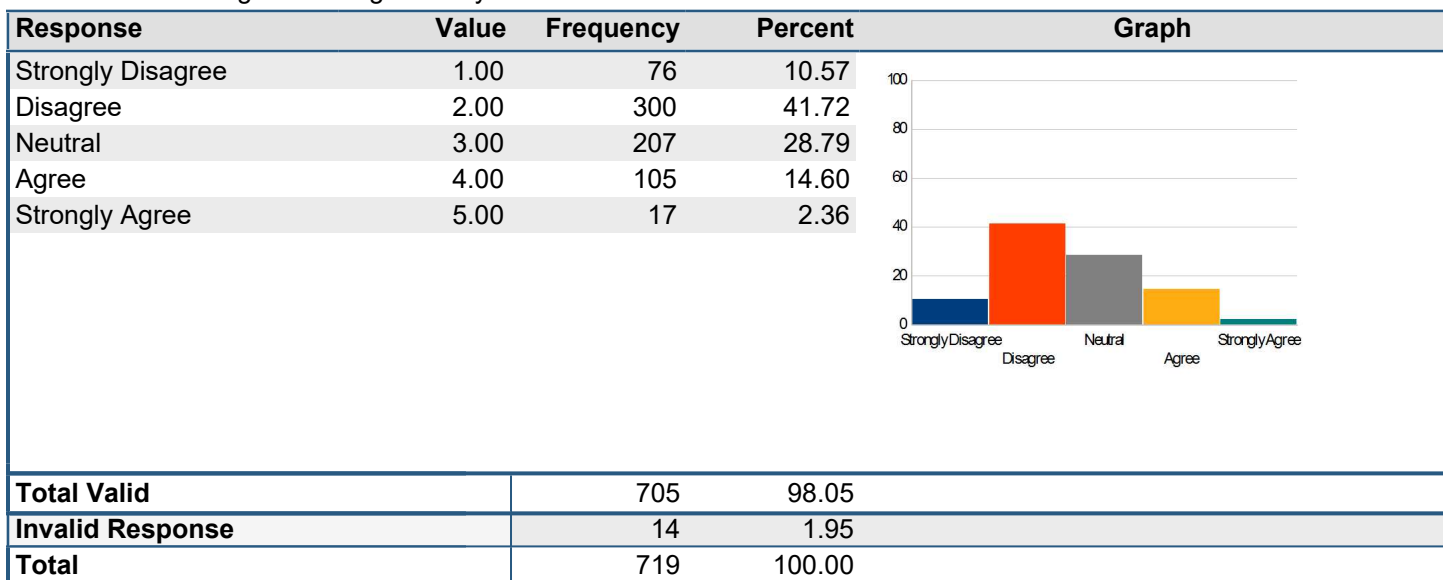
9. I am very calm and relaxed when I am called upon to express an opinion at a meeting.

Response	Value	Frequency	Percent	Graph
Strongly Disagree	1.00	31	4.31	
Disagree	2.00	159	22.11	
Neutral	3.00	242	33.66	
Agree	4.00	212	29.49	
Strongly Agree	5.00	62	8.62	
Total Valid		706	98.19	
Invalid Response		13	1.81	
Total		719	100.00	

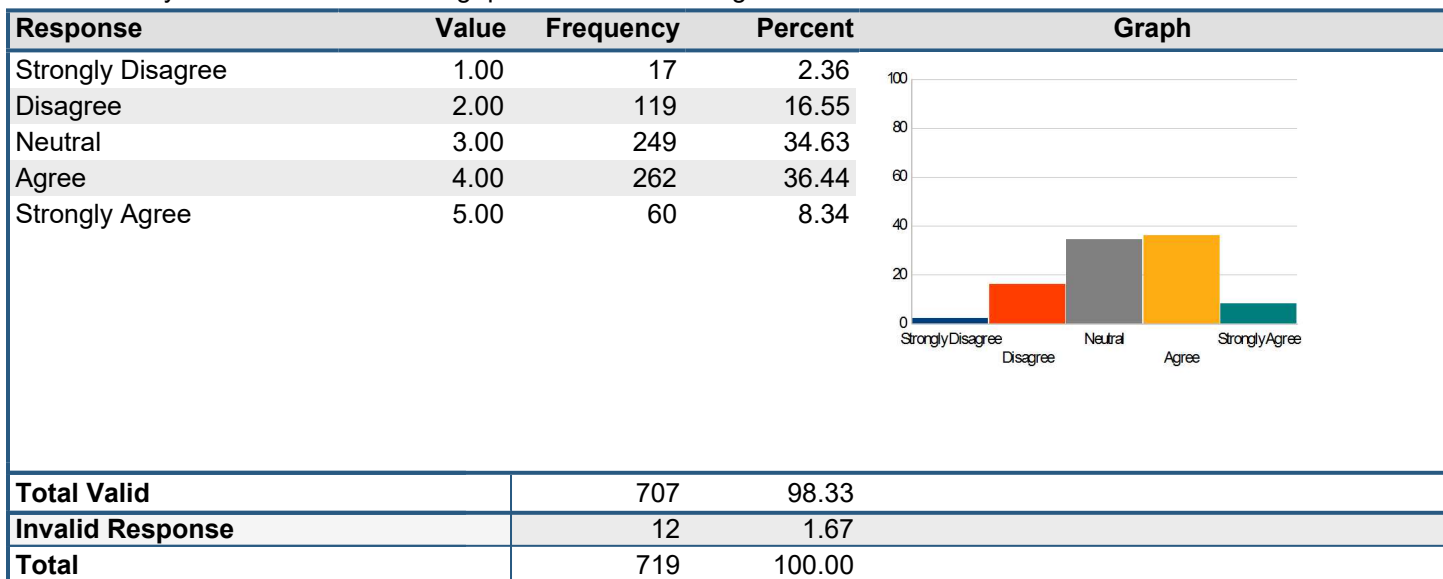
10. I am afraid to express myself at meetings.

Response	Value	Frequency	Percent	Graph
Strongly Disagree	1.00	71	9.87	
Disagree	2.00	258	35.88	
Neutral	3.00	219	30.46	
Agree	4.00	134	18.64	
Strongly Agree	5.00	22	3.06	
Total Valid		704	97.91	
Invalid Response		15	2.09	
Total		719	100.00	

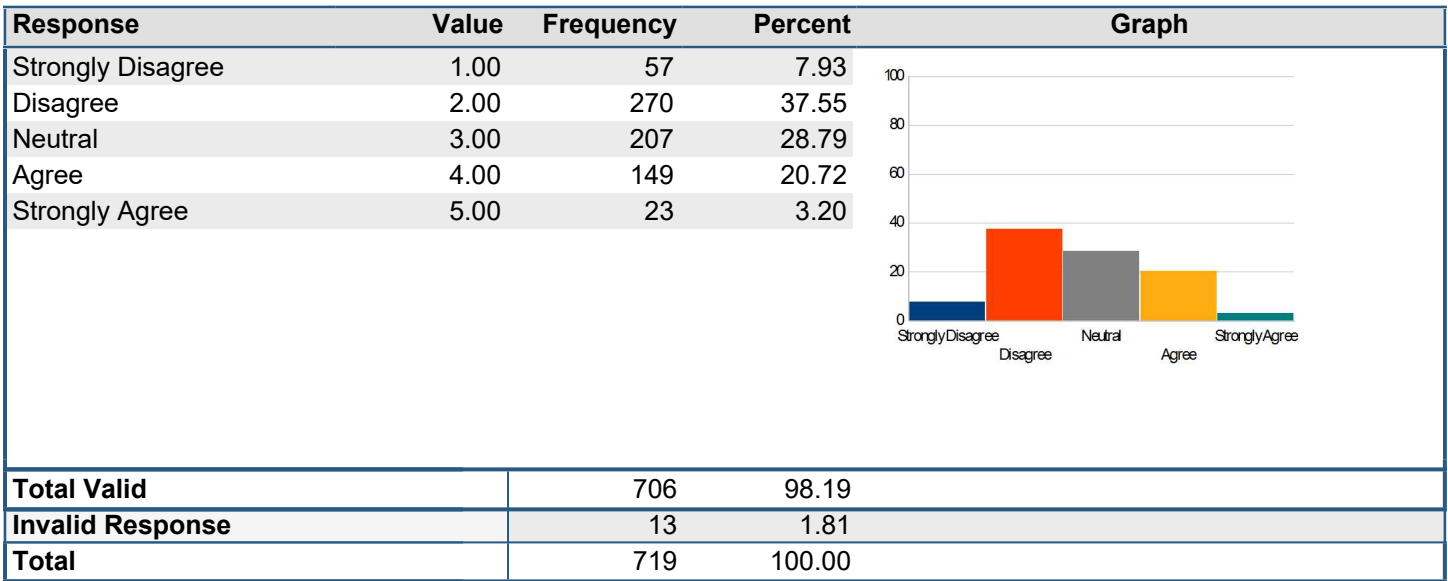
11. Communicating at meetings usually makes me uncomfortable.



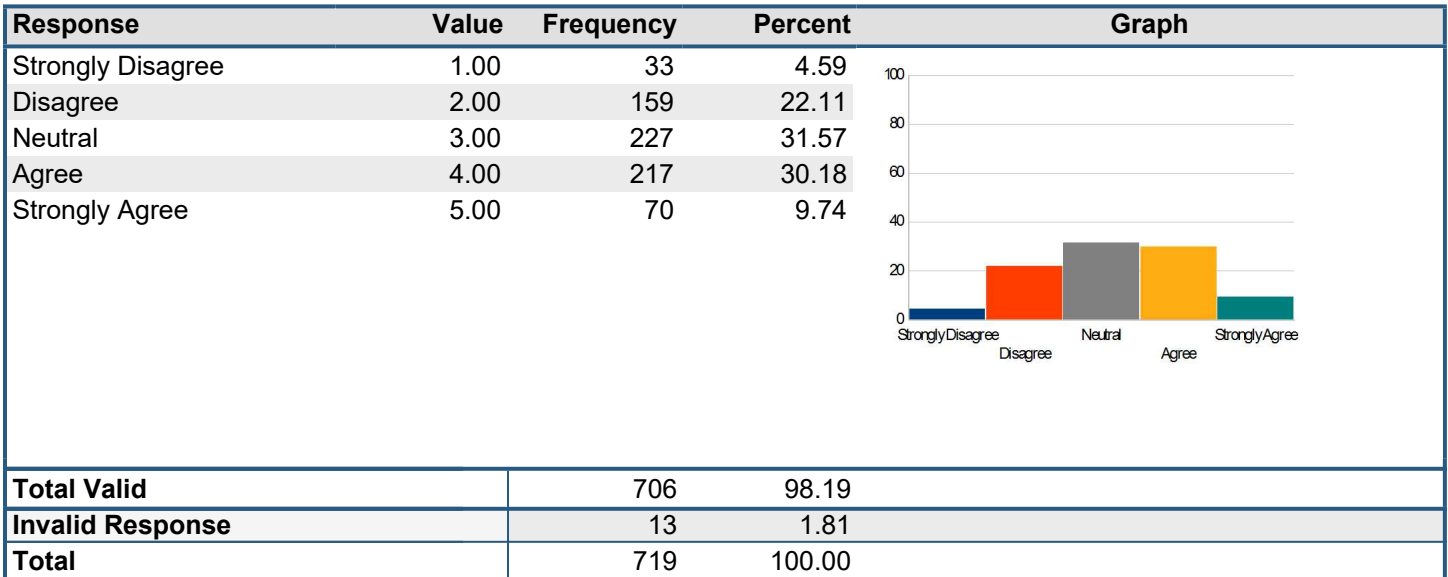
12. I am very relaxed when answering questions at a meeting.



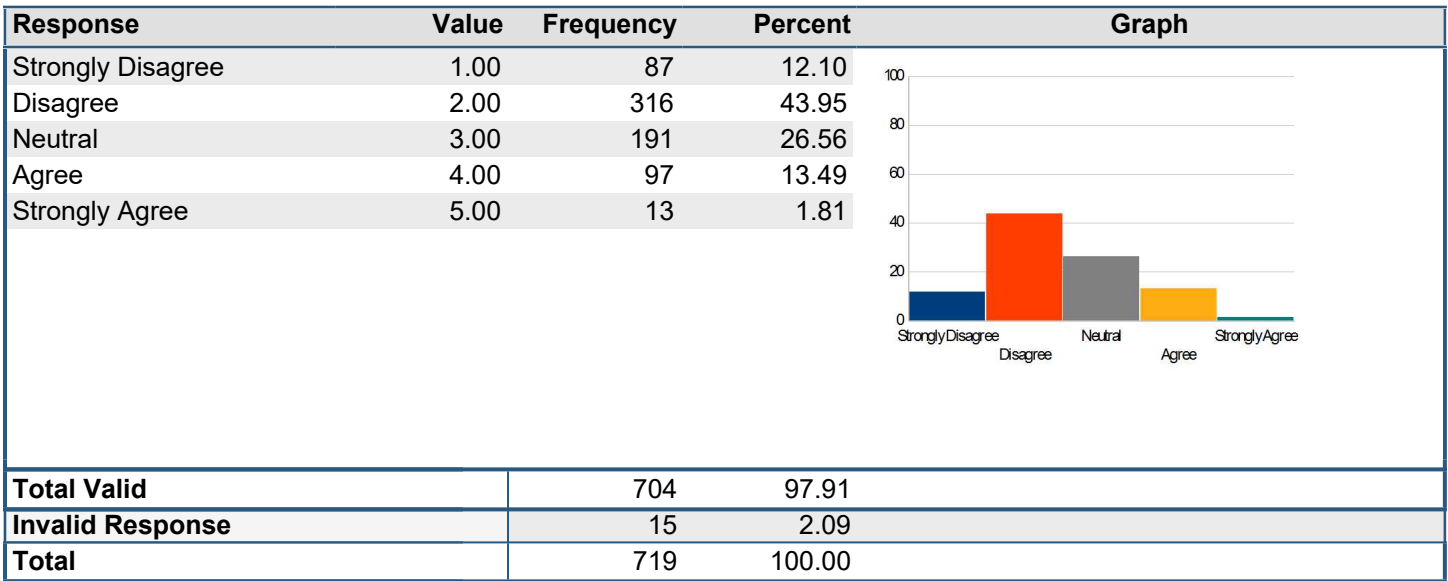
13. While participating in a conversation with a new acquaintance, I feel very nervous.



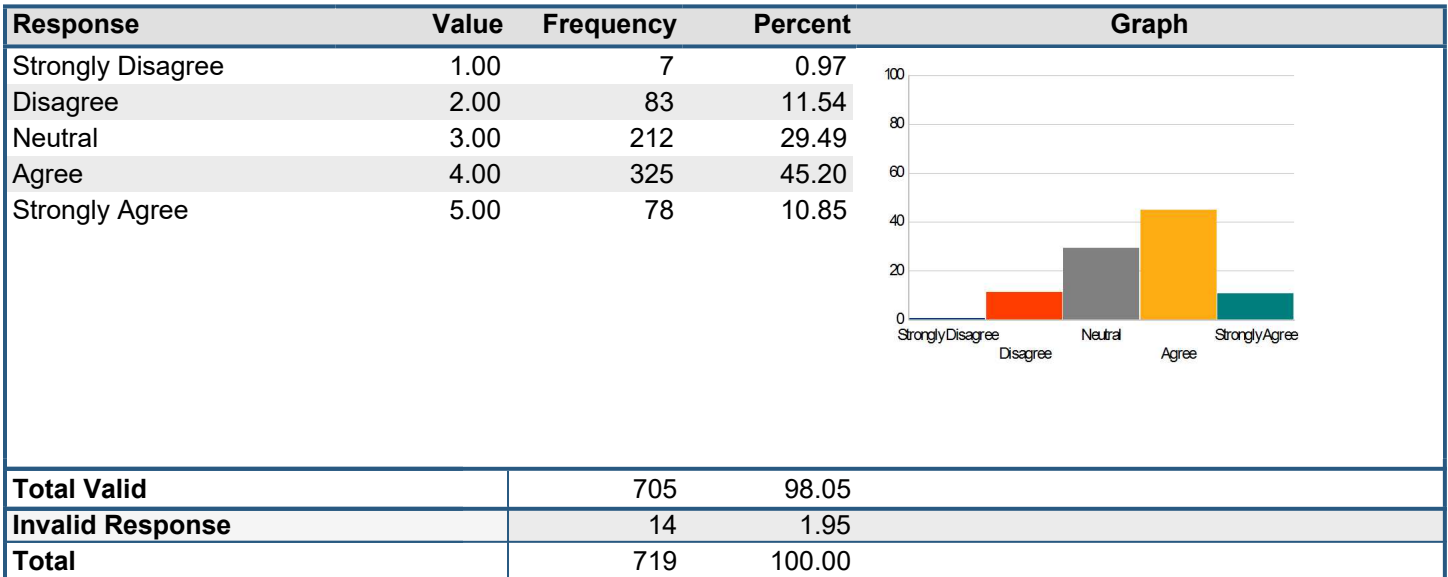
14. I have no fear of speaking up in conversations.



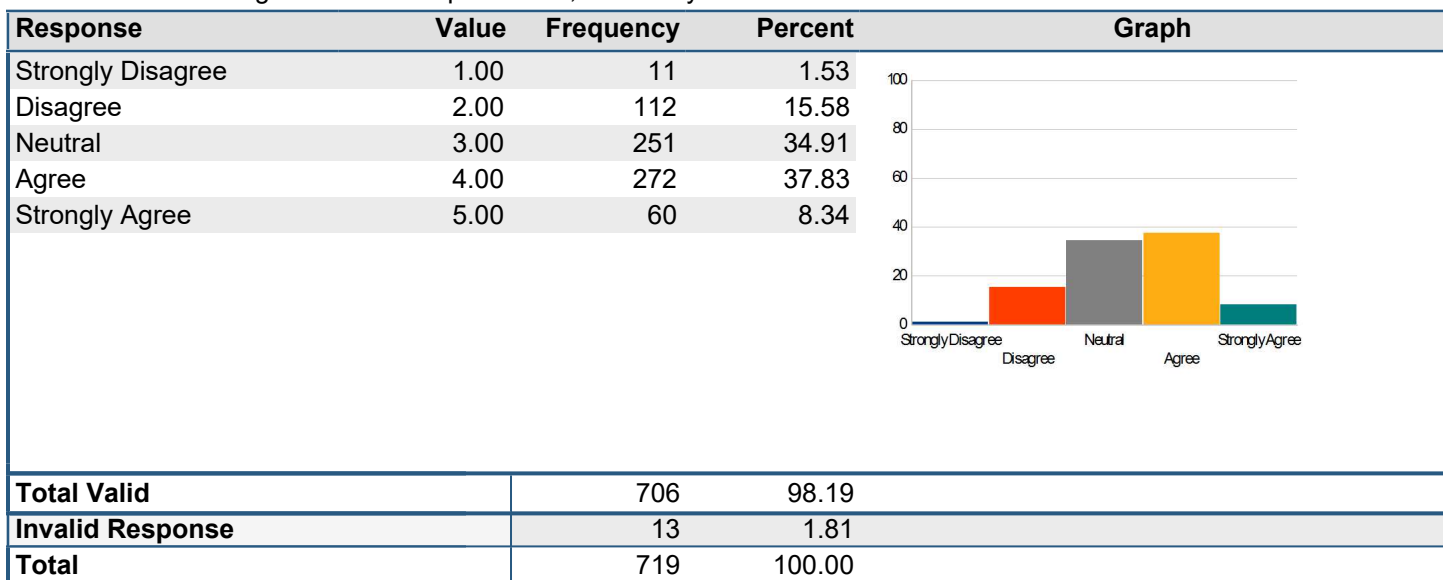
15. Ordinarily, I am very tense and nervous during conversations.



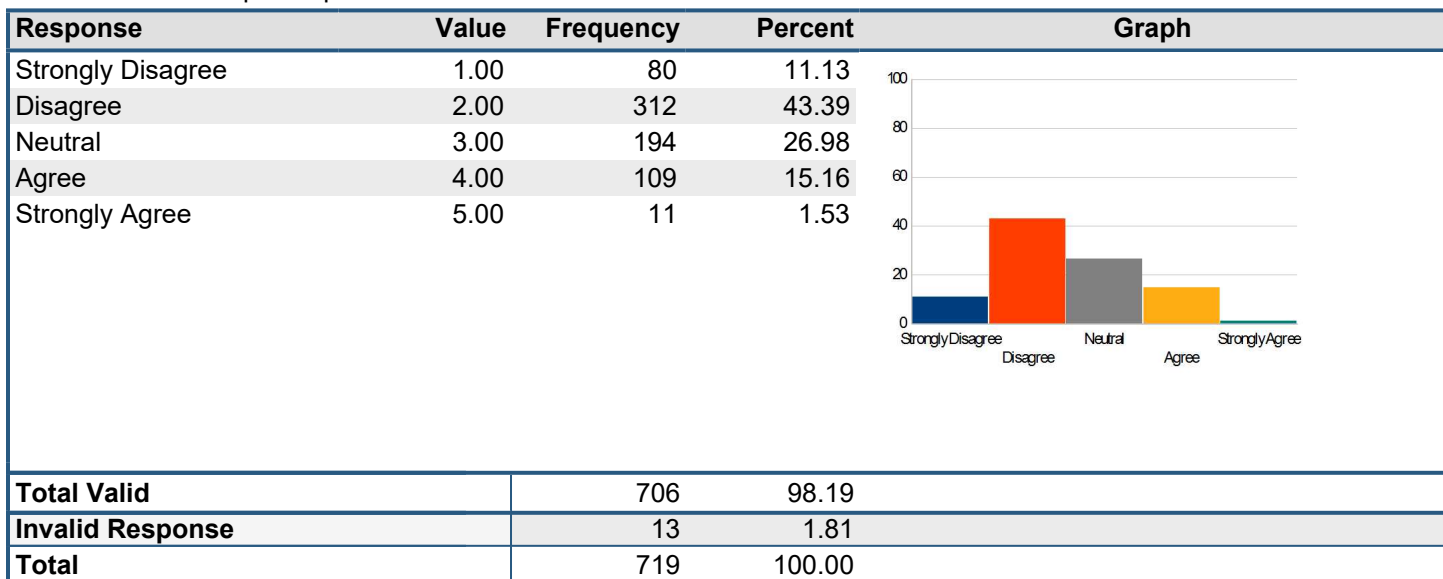
16. Ordinarily, I am very calm and relaxed during conversations.



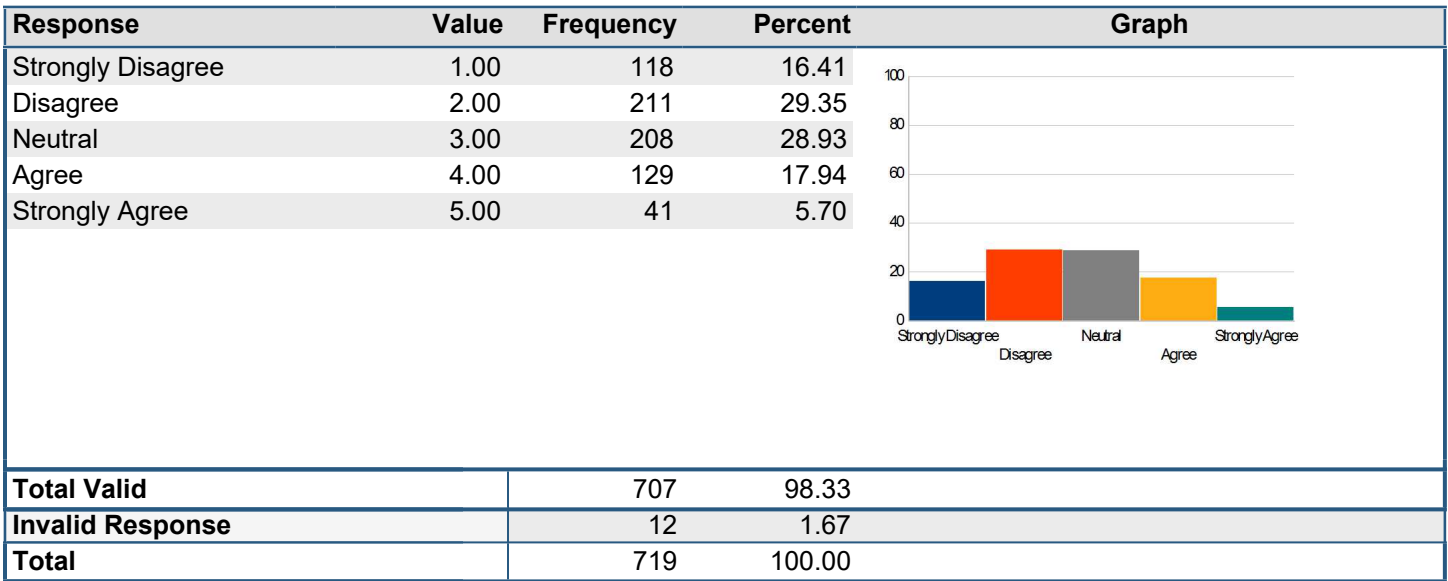
17. While conversing with a new acquaintance, I feel very calm and relaxed.



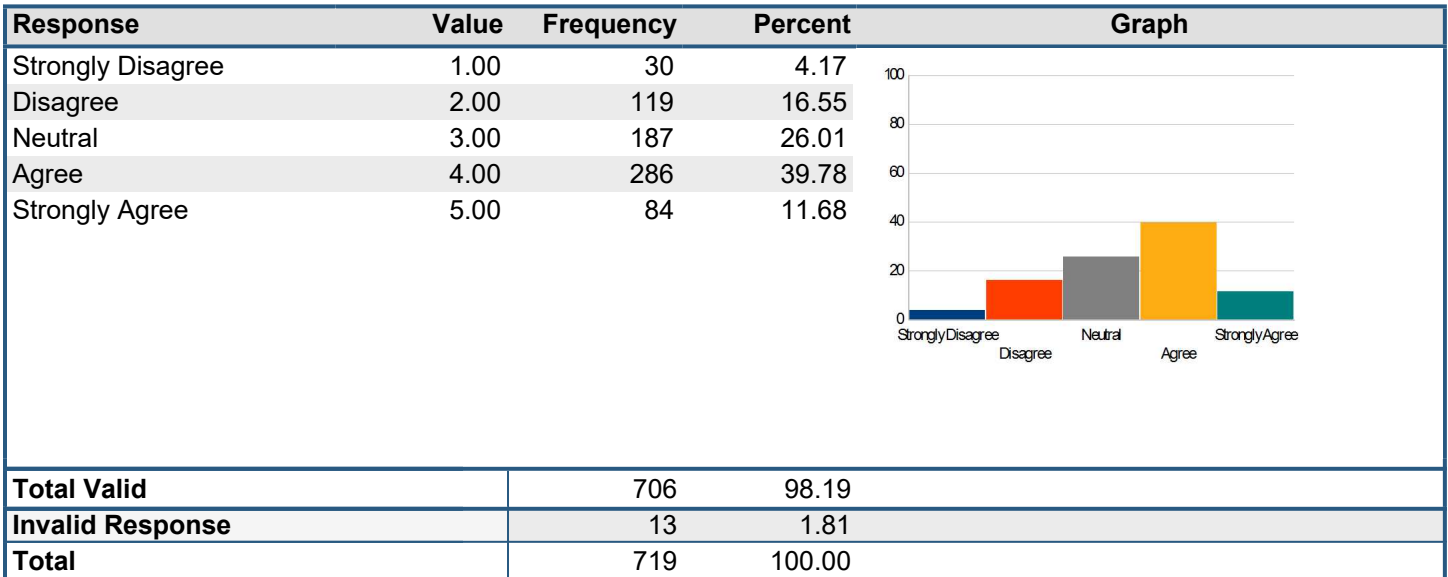
18. I am afraid to speak up in conversations.



19. I have no fear of giving a speech.



20. Certain parts of my body feel very tense and rigid while giving a speech.



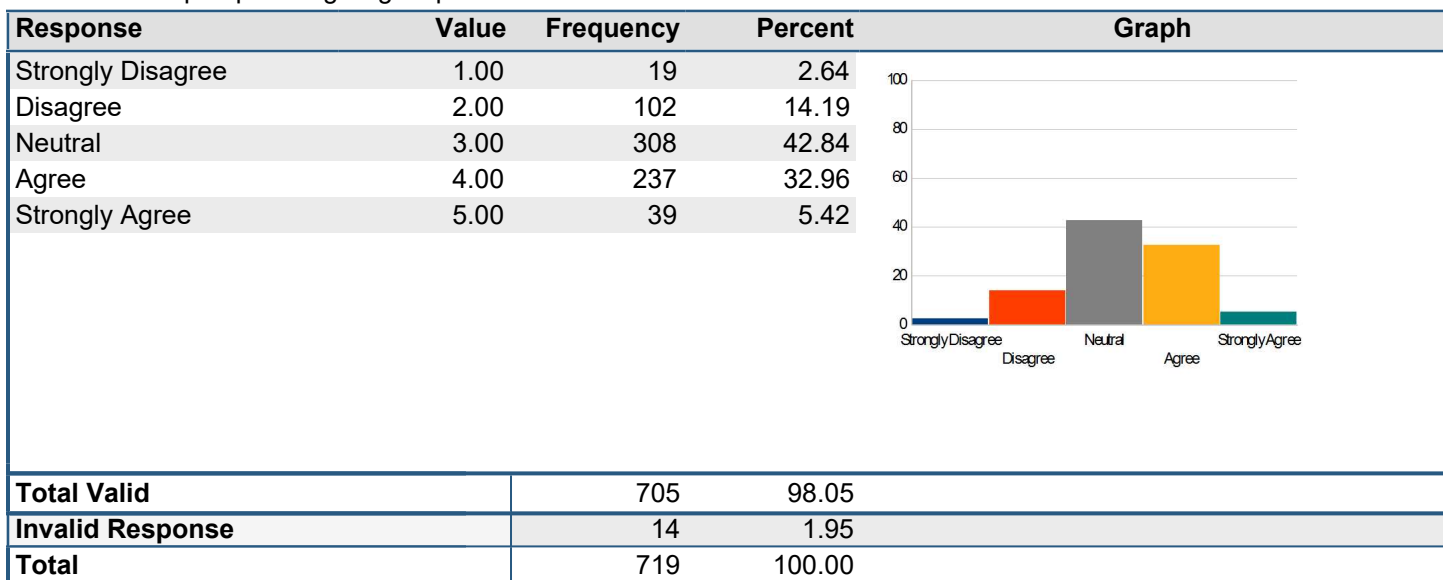
21. I feel relaxed while giving a speech.

Response	Value	Frequency	Percent	Graph
Strongly Disagree	1.00	76	10.57	
Disagree	2.00	200	27.82	
Neutral	3.00	288	40.06	
Agree	4.00	120	16.69	
Strongly Agree	5.00	21	2.92	
Total Valid		705	98.05	
Invalid Response		14	1.95	
Total		719	100.00	

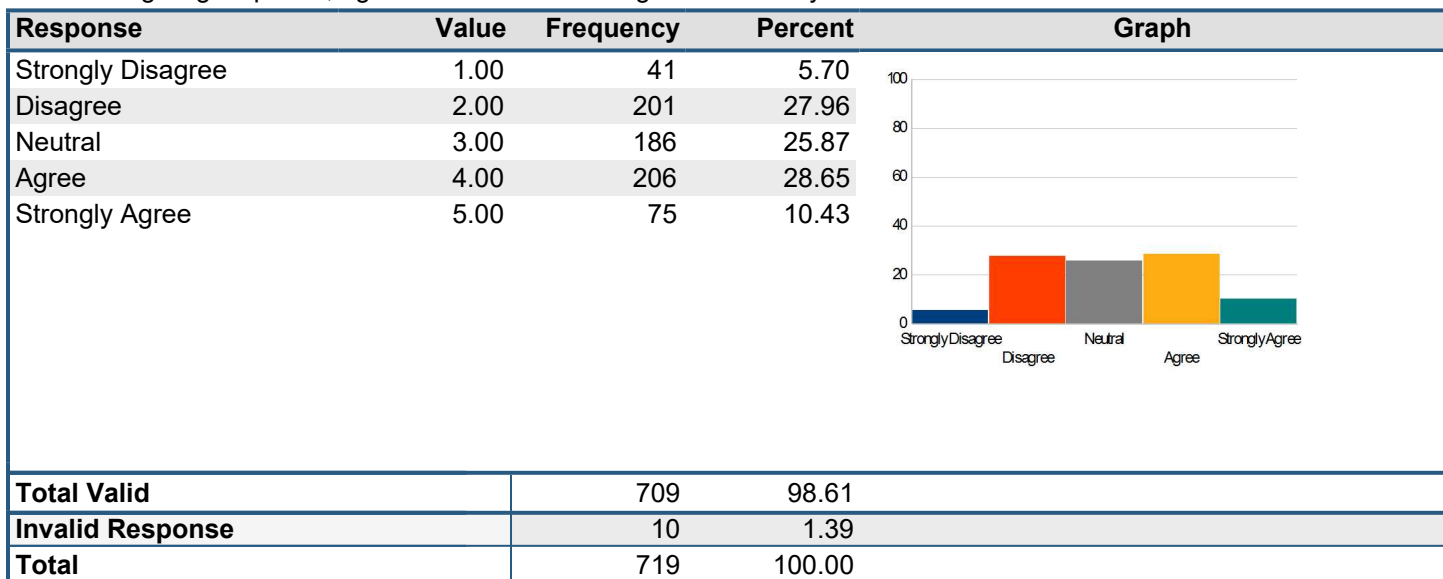
22. My thoughts become confused and jumbled when I am giving a speech.

Response	Value	Frequency	Percent	Graph
Strongly Disagree	1.00	19	2.64	
Disagree	2.00	180	25.03	
Neutral	3.00	213	29.62	
Agree	4.00	216	30.04	
Strongly Agree	5.00	76	10.57	
Total Valid		704	97.91	
Invalid Response		15	2.09	
Total		719	100.00	

23. I face the prospect of giving a speech with confidence.



24. While giving a speech, I get so nervous that I forget facts I really know.



25. I felt valued and included in this speech class by my instructor and peers.

Response	Value	Frequency	Percent	Graph
Strongly Disagree	1.00	10	1.39	
Disagree	2.00	10	1.39	
Neutral	3.00	87	12.10	
Agree	4.00	290	40.33	
Strongly Agree	5.00	312	43.39	
Total Valid		709	98.61	
Invalid Response		10	1.39	
Total		719	100.00	

Response Report by Item

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
Have not completed any.
Today was the first day, was I supposed to fill this out afterwards?
The Demonstration speech.
Information Speech Demonstrate Speech
The demonstration speech, where you can just be yourself and talk about something you really enjoy doing.
Things like group discussions/activities, peer feedbacks, and knowing that everyone is in this together with me helped reduce my communication apprehension.
Practice speeches
Group activities
Group sharing.
Really listening and taking mental notes of other people's stories about themselves, and also just coming out of my comfort zone during the performance speech and ice breakers.
I think have activities with a group of classmates on zoom calls will have to get rid of anxious nervous because we get to know each other.
none
Exercises that were done before speeches, breathing techniques, stretching, and having to give a speech many times in front of the same people.
group activities
The performance speech, and just talking within my group helped reduced my communication apprehension.
Self Confidence and Confidence from the Group
Practicing working in groups helped the most.
I felt that the various "have you been/have you ever.." group circle activity and the actual speeches themselves helped.
The speeches in general have helped me be more used to public speaking. It's very different in this settings versus when my English teacher would rush and bullet-point-grade me as I barrel through a powerpoint.
Because of the amount of speeches, and having them every other week, I think we were forced to adjust quickly and get over that fear.
Interaction with other students
I liked how supportive my instructor was before our speeches. I also appreciated that we were allowed to have notes while delivering our speech. Having these notes helped to reduce my nervousness.
I feel like having impromptu speeches that described us/ our lives kind of got us to all engage in knowing each other.
I would have to say the informative speech helped me reduce my ca because I had to put myself up there and actually had to talk which I normally am afraid of doing in front of people. So my first speech helped me gain more confidence and prepare myself for my persuasive speech.
The peer review helped me a lot for my informative speech.
none
when we took time breathe before we began our speeches.
The group discussion help me reduce the communication apprehension as well with group presentation.
preparation for speeches and sample outlines
The performance speech and the activity would you rather where we had to say arguments for which one we will choose helped me reduce my communication apprehension.
The name tag assignment gave me confidence to start the quarter strong.
The in-class interactions with new classmates, for the most part, helped me reduce my communication apprehension. Hearing feedback from my classmates whenever I do a speech, gives me alot more confidence.
The short weekly impromptu speeches that we did really helped me stop placing a lot of stress on public speaking.
The Performance speech
The first minor speech I gave helped me reduce my communication apprehension greatly. Future speeches were given with no major doubts about myself.

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
Practicing multiple times before speeches. Using visual aids. There was a chapter on speech anxiety and the myths your brain tells you that cause nervousness--that was helpful for making me feel more at ease internally.
Being able to participate in speeches on a weekly basis, no matter what the topic may be. Being able to share familiar stories with one another really broke the ice and barrier of awkwardness.
Just the several speeches in general helped me. Some of the speeches were confusing, but ok.
the speech
Practice helped me be better at communication.
-group discussions -switching groups to get to know more students -name tag presentation
The activities that helped me the most would be the activities that enabled me to interact with my peers. I was able to get their opinion on the topic of my speech and it was easier to adapt the topic as needed.
Speaking itself.
The classroom discussions have helped reduce my communication apprehension.
The group discussions reduces my communication apprehension.
The on the spot questions every morning really helped me reduce my communication apprehension.
I think that after I presented each speech, I got a little better at speaking in front of a group. Even though the class was online, I still feel these speeches helped.
In my opinion most of the speeches presentation helped me a lot. I could learn to deliver my techniques that could help me to get a good presentation in my speech.
The small speeches that we would do for almost every class helped me to become more comfortable with talking to a group.
Mostly the demonstration speech, where I was able to demonstrate what I enjoyed doing.
all the speech activities
The actions Item helped a lot during the class
Online speeches
The major speeches that is scheduled in the semester that slowly helped me with my confidence in speech.
The very first speech assignment during the beginning of the winter quarter. Beginning with our name and as a free speech was a wall breaker. We were allowing ourselves to apprehend others and learn that at some point public speaking can be fearful. Working with classmates that were on a similar boat and also those who were encouraging of others made it much easier. We stuck with the same group, and that group itself was our own encouragement to get things done.
The speeches help me get used to it
Presenting speeches that were about problems in our society
The group and class discussion challenged me the most. It was also the area I feel I became the most comfortable in by the end.
minor presentations, as well as questions that we had to answer when the attendance was checked
class discussions and activities
all the speeches
all the different type of speeches
The assignments that helped me reduce my communication apprehensions were the speeches and outlines we did, to clearly state what we were going to present.
practice speeches
We were introduced how to use information from credible sources. We had speeches including what we know clearly (demonstration), what we need to research (persuasion) and what we need to know (interview).
presentation
During the informative speech, I had a feeling of relief and felt myself flow better and I felt like I was doing a good job.
All the reading material and the use of videos with useful information.
the daily discussions
The impromptu speeches really helped reduce my CA.

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
The small speeches we gave throughout this quarter were very helpful to me and I enjoyed doing them.
I liked doing the small speeches throughout the quarter that helped us prepare for the big speeches that we had.
Doing the minor speeches or just having little things we needed to talk about in front of the class made me feel a lot better about doing speeches. The random acts of kindness I did for this class really helped me reduce my communication apprehension since once I was on a roll with giving flowers out it felt empowering rather than scary.
Random acts of kindness presentation and Informative speech helped reduce my communication apprehension. They were also very fun and interesting to make.
My communication apprehension was not reduced.
Impromptu speeches, group speeches, answering simple questions while sitting to the class.
Frequent speeches. Impromptu speeches.
At first I was very reluctant on doing the practice 30 second to minute long speech, but as we did more it felt easier to want to go up and make the speech. I tried pushing myself out of my comfort zone by being the first few people to present. Same with the presentations, I wanted to get them over with, so I made myself go second or third.
breathing exercises one minute speeches about fun topics
what helped me reduce my communication apprehension was group discussions and outline examples of the speeches.
Mock Interview Introduction Speech
Our instructor was so kind and relatable and open minded but she also had boundaries and opinions
All the speeches since the beginning have helped me reduce my communication apprehension because I learned something new after every speech.
how we practiced mini speeches, teacher was very approachable.
Having a speech every week helped a lot. Also seeing my peers present and tell us that they are nervous as well. It made it feel like I wasn't alone.
Throughout the quarter we did 1-2min speeches usually daily, I believe that helped me become more comfortable with the classroom environment. Also, working together with a group helped me step out of my comfort zone and voice my thoughts within a group of people.
The readings helped a lot, I was able to learn the difference between speeches.
I really enjoyed doing the Random Act of Kindness presentation with my group members. Also the individual informative speech was nice because we got to use an outline during our presentation.
all of them. it was a great learning and social experience. it was a fast paced class with the perfect amount of scaffolding from the instructor. the self and peer critiques really allowed for you to reflect on your own speech deliveries.
honestly, every speech felt really casual and not intimidating. It is also super nice to have a teacher who is supportive like Ms. Lim
Speaking in groups and making acquaintances with my fellow group mates made me feel a lot more comfortable in the class.
The activities that helped me the most was the constant practice of "on the spot" speeches.
I don't think that there was necessarily one instance that reduced my apprehension but, rather, the process as a whole reduced my apprehension. I think that the Soapbox speech was crucial in that it allowed me to maintain the practice of giving a speech in front of the group so that there wasn't too long of a period of time without giving a speech.
They all help because it basically got me prepare for the future and let my fear to the side.
All the group work and reflections were really helpful. They helped me understand the cause of my anxiety while speaking.
Speeches
Minor speeches and a lot of activities helped me reduce communication apprehension.
Random Act of Kindness project
Group activities, such as when we did "speed dating" get our future speech ideas out and receive feedback.
Group discuss, group work.
Practice
Anything involving a group or pairs definitely boosted my confidence. I found I could actually lead a conversation with peers, and they enjoy talking to me too!

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
At the beginning of the quarter when we did activities such as the "Pet Peeves" activity where we got to get comfortable with our peers & have fun while becoming comfortable with giving a speech.
When doing the "Pet Peeves" assignment, allowed me to get to know my peers, have fun & get comfortable with talking in front of people.
Some assignments and speeches that helped me this quarter was the speech that we had to give about a life hack, I was able to gain experience as a speaker which will help me going forward whenever I will have say things in front of larger crowds.
All the speeches gave my confidence
The practice speeches really helped me be more comfortable with giving speeches.
The practice speeches helped reduce my communication apprehension.
Hearing and giving feedback to everyone was very helpful. I was also glad to see how everyone had the same anxieties as me but we all grew together.
N/A
Learning a proper outline for a speech & different techniques to use depending on the type of speech.
Random everyday short speeches about enjoyable topics.
I think having ice breakers every day helped me reduce my communication apprehension. It allowed me to get to know everyone and be more comfortable talking with people.
The quizzes being not times and allowing us to redo them, really helped my anxiety. Redoing the quizzes they were all different questions I would still learn from them. But thank you it really helped me.
The activities that helped me reduce my communication apprehension are name presentation and a informative speech on a subject I was interested in.
Beginning the term with a fun and personal speech.
All the speeches helped me tremendously in my every day life for meetings and speaking in public.
I think it is the in-class activities. I like how my professor asks to give a free speech in minutes for a topic she asks.
The ability to chose topics has really helped reduce my communication apprehension.
The activities/ assignments/ speeches during this quarter that helped me reduce my communication apprehension would include: Random Acts of Kindness project, individual informative speech, in-class group discussions, etc.
I did about how affect of vaping to human body for speech 2 which is really interesting.
For the first speech when we discussed what we liked and disliked, that speech helped me because it helped me to get to know my peers better.
Class activities helped me to get comfortable with my classmates and reduced communication apprehension.
I think the group project especially the random act of kindness made me bond with other members. I felt comfortable after that. Not only that after the presentation of the project made me feel easy and safe. I wasn't feeling nervous or scared.
Utilizing flipgrid and zoom video conferences
I honestly think all the speeches gave me more confidence communication with people.
I honestly think all the speeches and the activities we done made me feel more confidence communicating with people.
Speeches were we had to talk about ourselves and personal intercommunication
Practicing almost every class helped and letting us choose our topics helped as well
Honestly, it was the camaraderie between the teacher, the students, and each other that made my feelings of apprehension disappear. "Breaking the ice" as you will, made me get to know the people better, making feel more comfortable to talk.
Generally, all of the speeches helped reduce my communication apprehension overtime. Each speech reduced my apprehension more and more.
Group projects
the all the meetings on the zoom helped me a lot especially the peer review will push me more clearly to listen to peers.
Group activities have helped me improve as a speaker because it allowed me to express my opinions to a smaller group of people as opposed to the whole class.
I particularly enjoyed the performance speech I thought it was a lot of fun to see what everyone would come up with. It made me like everybody in the class since it was a lot of fun to see everyone's unique personality come out.

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
Daily activities
my first advocation speech
Giving the short speeches after learning something new such a new method of delivery was helpful because the impromptu speeches were quite nerve wracking so having to give them helped me develop a resistance to being too stiff while giving speeches, however I'm still fairly nervous when I give speeches and it feels worse when I make a mistake.
impromptu activities have made me more comfortable and I actually need to think with what im going to say
group speeches or acts
i enjoyed the informative speech, i felt most comfortable with it.
The quick speeches we did and just the conversation we had in the class help
The johari window definitely helped me get closer with my classmates because there was almost a deeper connection with them.
The activities that we did which required us to talk about a certain subject or question in front of the class. This helped me out with my major speeches
All of the speeches
Speech Outlines
The actual group facilitation made me feel apprehensive towards communication despite what I wrote in my reflection paper about how I didn't speak up because of how nervous I felt. I think the dynamic of a group to rely on made me feel less nervous
having impromptu speeches helped me.
Doing the life hack speech.
The social issues speech and the discussions that made us outline the work before hand really helped.
psa and life hack speech
I think the FlipGrid discussions helped me reduce my communication apprehension.
the group assignment helped with communicating with others
The group project
What's in my bag Our group project about " how do deal with a group project" with different personalities. Also our final was very interesting and fun.
preparing myself and be confident
I really loved the group interactions.
group project
Flipgrid or quick 2 minute speeches that involve just myself and the camera.
The activitie where we could pick one of three prompts and talk about it.
Class discussions, being part of a group really helps boost up that morale.
The readings helped me reduce my communication apprehension because through these readings, I was able to learn what I should and shouldn't do while presenting. They were easy to understand and gave very useful information.
Just being able to practice with my peers and professor who were very understanding
Short 1 minute speeches helped me reduce communication apprehension.
The second speech helped because as we progressed throughout the quarter I became more comfortable speaking publicly.
The discussions
I think the days where the class would get a random topic to chose from and speak in front of the class helped it for me.
I think the soapbox speech really helped calm me with speeches cause I talked about what I am passionate about and that there's not a lot of pressure like the others
A lot of the speeches had different variety and allowed us to talk about something that we had a point of view on. The fact that I am able to speak and present on something that is a topic that I enjoy it helps me.
presentations
I really like the discussions before the actual speeches.
1 min short speeches

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
The discussions and feedback immediately following speeches helped me feel a lot more comfortable in discussions.
The readings are very helpful
I think what really helped is the feedback from both my professor and my peers.
I like all these speeches I prepared I gave during the class.
Group communication and readings
class discussing
Definitely speeches which I had every other week.
All of the Major Speeches allowed for me to express my values, interests, and passions. Since it was up to us to choose the topics, I was able to go into the speeches with full confidence as I did have prior knowledge to the topics I was going to talk about.
The first group performance break my ice .
The main activities and assignments during this quarter that helped me reduce my communication apprehension would be the first few speeches along with the self analyses. I was able to reflect on my own work and improve.
Confidence given by professor while presenting virtually. Brandon is a great professor! I would give him 5 star. He builds your confidence and comfort before presenting the speech.
In the beginning before our first speech. The professor told us how it's natural being anxious and everyone in the room is here to support, not judge and criticize you. That made we realize and felt a lot better about it.
Soap box speech, flip grids, interaction and verbal feedback from the Professor
group discussion
Reflection assignments Mock Interview Life Hack Speech PSA
Giving minor speeches and the simple one to two minute speech.
The impromptu speeches that is done every week in this class has helped me reduce with my communication apprehension. As I did more impromptu speeches it gave me the opportunity to get familiarized with my audience which was a big factor when I would come up in front of the class and give my speech. The other activity that helped me reduce my communication apprehension was when my professor would go down the roll call names and ask a question for everyone. This helped be more vocalized and his questions were all relatable and I had no difficulties with coming up with one because they are mostly life experience questions.
i think that the first 2 speeches helped me to talk in the class well.
Every speech helped me reduce my communication apprehension.
The activities during this quarter that helped me reduce my communication apprehension was the questions we were asked and speak in front of the class every day.
giving speeches just helped me get more comfortable with them
I felt like after the first couple of speeches I wasn't that nervous anymore.
I felt very comfortable in Prof. Karl's class, so I was never really anxious or nervous.
To practice more to talk with on experiences.
The soapbox speech as well as the advocacy speech, I felt these were the easiest to do because having a passion on the subject made it like having a normal conversation.
speaking to peers after the speeches to discuss what we did well and what we can work on.
-All the speeches -Group discussions
It wasn't just one speech. It was going through the quarter with the same people, knowing I was in the same boat as most of my peers.
warm up discussion group discussion
getting to know each other really relieves the fear of judgement. to do this, we did a few group activities and did speeches on things we have experienced (such as pet peeves), about our personalities, or things that we believe in
Meeting with the same group of people throughout the quarter helped me reduce my speech giving.
Kahoots and class discussion of current events
I think that because the grading wasn't that tough or the teacher made it feel very easy and do-able which helped me reduce my communication apprehension.
Making a detailed outline beforehand helped me remember my speech even when I was nervous.

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
FlipGrid discussions helped prepare for an online interface, and the first speech which was merely for completion helped me gain my footing in the class.
Having minor speeches helped me with my CA, along side the questions given during taking roll
minor speeches.
All the activities helped reduce my communication apprehension
Daily impromptu speeches based on various given topics.
What reduced it was presenting in groups rather than alone.
Mini speeches about light-hearted topics motivated other students and I to get out of our comfort zones.
Class discussions and sharing personal stories
making it feel like it was a safe space to make mistakes
The support I got from peers/teacher really helped. Also the information we got before giving speeches.
Being able to choose a topic we were interested made giving speeches easier. As well as doing small engagements like the embarrassing stories was really fun. I was more relaxed and open.
The group performance.
Speech assignments
Presenting several times a week.
The speeches were the most helpful activity for me. Practicing them, doing peer reviews for them, and getting into small groups to discuss has really helped my communication skills. I really liked Speech 4 as it was ungraded and made me feel more relaxed toward my speech, which in turn actually made me speak better, I think.
by doing small speech exercises almost every time in class really worked out any nervousness any of us had
group assignments and the mini speeches
Persuasive speech because I have chance to speak about the topic that i like.
Group sharing Group discussions Impromptu Speeches
in general the activities at the start and the impromptus that we did during this quarter along with the videos that provide helpful tips.
The life hack speech helped out, by forcing me to practice before giving the speech.
- Impromptu speech. - Fun quiz.
Breathing methods helped me a lot.
Demonstration speech Informative speech
The engagement activities helped me get comfortable in front of an audience.
- Group project - My 1st speech (get to know everyone)
group presentations
I liked how we were able to chose our topics , because it gave us an ability to talk about something we have the passion for. Therefore, it was a lot easier to give a speech.
The job interview speech went really well for me, as well as the soap box speech. The soap box speech was casual in it's requirements which took pressure off the presentation.
I think all of the speeches/ assignments given throughout the course helped reduce my communication apprehension in some way, especially the first speech.
I don't like group discussions but after awhile you learn the routine and get used to how things work. And if you switch your seating you can always meet new people. It's scary but you gotta do it to become better. And either way you get put into groups where you don't know your team members until you've had the time to really know who they are. So all activities I'd say have a good part for better practice of communication.
monopoly game and thoughts/ comments after speech
Brainstorming has helped me a lot and solved my difficult situations in unfamiliar groups.
Basically everything. As I become more experienced, I get nervous a little bit less.
the simple on the spot activities
Doing the speeches
The life hack speech

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
The informative speech helped me the most with getting over my shyness.
The group activities and being able to discuss our speech topic and ideas to our table helped participating in group discussions
All speeches
After the 2nd speech I felt more comfortable speaking in front of the class.
the distress activity we did before our first speech
Outline review.
I think that reminders to practice helped. It made it less likely that I'd forget the points in my speeches.
I believe that the Life Hack speech pushed me the most out of my comfort zone, and prepared and allowed me to be more comfortable giving presentations in other classes I have had this quarter.
The Mock interview was one of the most things that I was scared about because those types of situations freak me out. The exposure to it made me feel more comfortable in those types of situations.
Job interview, readings and reflections about communication apprehension
Honestly, all of the exercises where we verbally expressed our discomfort with public speaking helped reduce communication apprehension. I felt like we were all in the same boat.
The small speeches in which Professor Sakikahara let us choose of off 3 questions, they were a minute long and it gives you the freedom to choose about your own experience and it helps, because it is not this elaborate thing and it helps you get comfortable with speaking in public. Also when he would take roll he would ask a question for us to answer and the whole class would be involved and it felt good.
All the projects were helpful, but I found the mock interview to be the most practical, and the special occasion speech to be the most fun.
The mock interview was very helpful in building confidence to speak during an interview. The special occasion speech was helpful in giving me a format for a type of speech I have had to give before, but had no roadmap for doing well.
Talking out speeches with classmates
I think it was really nice being able to get to know each other through the intro speech as well as group discussions.
The table rotation and group activities with different people helped you reduce your communication apprehension
the informative speech
All speeches but specially the ones of the topic of the day.
the feedback. I really felt my Professor cared and wanted me to be successful.
The TED Talk and Group Informative Speeches helped reduce my communication apprehension because I felt less nervous and had some experience with speeches.
small minor speeches, and everyday short roster speeches
small exercise either in the beginning of class or end of class
Overall, giving speeches in front of the class helped because it took me out of my comfort zone and I got more used to it.
Meet professor in office hour
The first informative and the various small speeches we gave
All the speeches we did helped me improve my confidence even more, I noticed i felt more confident as the quarter went on
Seeing others give similar speeches
going first
The persuasive speech helped me a lot as I was more uncertain about what I spoke about but did about the same as I normally would do, showing my nervousness and stress was relatively unfounded.
Small activities such as the impromptu speeches we had to give and simply seeing classmates perform improved my apprehension.
doing various small group activities
The impromptu speeches forced me to think quickly and come up with a 2 minute speech which I really enjoyed I think it's great practice and I definitely felt myself improve as more speeches were given
I think the speeches helped most.

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
Just doing speeches in general helped.
n/A
I enjoyed having the freedom to choose any speech topic I wanted.
The group projects definitely helped open up to strangers.
Discussions via canvas
practicing my speeches multiple times and being confident during my speeches
the first speech we did in class. I actually had fun preparing for that particular speech and i wasn't too nervous about standing in front of the class
The SOS speech and the Life hack speech
shaking hand before speech and standing outside for few mins before speech have help me calm.
Working in group activities helped me open up more to people in the class.
Group discussions made me more comfortable with my peers so speaking in front of them was not too scary. Also, watching everyone speak made me feel like I am not alone.
The introduction speech and impromptu speeches were really helpful in breaking the ice and getting me comfortable standing in front of the class. As much as I hate them, the group discussions were great as well because it helped solidify the bond between my classmates so I knew they had my back when I was up there. I knew if I started to panic I could look to them for friendly faces. Also, the forced outline writing was helpful too. I think without them my panic would have taken over and I would have just mumbled my way through every speech. Writing the outlines really forced me to sit down and plan out what I wanted to say and how I wanted to say it.
The activities that involved us having to speak to the people around us, helped me in getting more comfortable with the class.
Icebreaker
outline
I've always been comfortable delivering speeches which is why I took this class as opposed to a purely writing based one - an area I am much weaker in. That being said while I feel tending a sharp edge as opposed to forging a new skill is good, a skill can always be sharper and I got some good feedback on my graded speeches. Thanks to the requirement to record our speech so we can review it, I noticed that I shift in posture noticeably when speaking for a while which is small but helpful.
class activities
impromptu speech, though I feel we should absolutely get more time to prepare
I really liked the 1st speech because it was just mainly talking about yourself and what you liked. It was a nice way to get into the groove of speeches.
The first speech, the impromptu speech, helped me to get more familiar with improvising and going with the flow of your own words
Mini speeches
The various group activities and discussions we did during class got me more comfortable with my peers so that it didn't feel like I was giving a speech to complete strangers.
Working in group
First few short speeches
Group projects
Learning/reading different methods to create a strong speech.
Impromptu Speech and Demonstrative Speech
All of them.
the impromptu speeches
1. Speeches 2. Class discussions and questions
All of the speeches were good experiences that made future speeches less worrying. The class as a whole was very pleasant
The SOS and the Life hack
Participated in impromptu speeches

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
1. Writing the outline before the speech because it helps me practice creating a structure for the speech before I do it.
letting us know what there is to come
the online speech presentations helped a lot in making me understand its okay to give subpar speeches, and making mistakes are normal everyone does them. I anticipate making mistakes so much that I tumble, so giving myself more credit from now on and hope that helps.
Presenting the speech
Presenting
Presenting
All of them, but especially the group work and the impromptu.
Facetiming with someone else and recording my speech to them.
teacher helping us to make sure in every speech we have fun.
Impromptu speech, informative speech
Having to record my speeches have helped because I was forced to have to see myself during the speech. Being able to assess myself while also receiving feedback from others is a good combination for improvement.
Presenting in front of the class and being allowed to participate in group activities
speech
there are a list that should be include in the topic for each types of presentation and it helps me feel more confident.
Online meetings. Because they helped me feel like I know my instructor and classmates, despite taking an entirely online course.
Doing the rough drafts and outlines helped out with decreasing some fear. Because this class was an online class, being able to do retakes on speeches definitely helped on creating the best possible speech someone can make.
I really liked the one that I have to talk about myself. I usually don't like to talk about myself, or in other words, I don't know how to. I also like the peer review, I feel it is bringing the whole class together, even though we don't know each other in person.
I liked the icebreakers in a form of mind traps. It's a fun way to start a class and encourage team work.
Tiktok assignment
Peers' commends. People talk a bout controvertial topic peaceful together.
I think the outlines for each speech helped me to get my thoughts organized and therefore it was easier for me to present.
all the speeches, zoom meetings, speech outlines
none
None of the assignments helped me reduce my communication apprehension.
The assignment that can help to reduce my communication apprehension that is self-reflection.
I think the presentation and the records of our speeches helped me to reduce my communication apprehension.
The discussion session is very helpful for me to know what others think about different topics and build my confidence as a non-native speaker. The most important is the draft we wrote for each speech, which really helped me organize my speech in a coherent way and overcome communication apprehension.
Impromptu speech Demonstration Speech
Break out group discussions, the demo speech, and the informative speech helped.
engagements
doing the little assignments like tik tok and the sell it speech were fun and it brought me out of my box but there wasn't too much pressure.
I really enjoyed the first speech. I liked how we were able to communicate our values. It felt personal. I could see that my classmates felt passionate about their topics.
The organizational aspect of creating the speech improved immensely for me. Once I could get my thoughts together in a cohesive way it gave me the confidence in my words.
The speech assignments as they were lengthy speaking obligations, in front of an audience. Additionally, the peer responses were a n integral part of improving my communication skills as I was able to build off the feedback of others.
The Informative Speech

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
I believe the mini group discussions that we have during class are extremely helpful because not only does it allow me to get acquainted with new peers, but it also allows me not to feel so pressured when I have an idea to speak about in class.
All the speeches gave experience that helped
Well, I actually have taken many speech classes as I like to learn something new but, sometimes it feels as a repeat of the class. The only change I do receive is from the instructor as each person has their own way of teaching,
Giving major speeches and doing the "Dinner Party" discussion helped me further reduce my communication apprehension since they boosted my level of confidence. They pushed me beyond my comfort zone since I successfully expressed my opinion(s) without any worries.
The Questions and Answers part at the end of every speech
I really enjoyed studying how to improve my speaking skills. I realized that through giving speeches and organizing your thoughts and then being able to express that properly was a gift I was missing.
the short impromptu speeches/monologues about a random topic announced at the beginning of the class(es) helped me most
Dividing people into different groups to talk.
When we did the assignment using Tik Tok, also the discussion about the power of words or something like that, helped me to open up and share what I really think
Demo speech
The breakout groups helped me to get more comfortable to talk in front of my classmates
I really liked the improved speech we did during this spring 2020 term. I feel like all the speeches we did during this quarter has really helped me with my communication skills.
I think the engagement activities helped.
Engagements and speeches
Group discussion and in-class groups.
Small short engagement videos.
n/a
The tiktok assignment definitely allowed me to showcase my expressions and confidence more which helped me relax more when communicating. I also really like the informative speech since I got to choose a topic I liked and was interested on. It helped me speak more confidently since I was passionate about the topic.
The writing, organizing part before the speech helped me the most to reduce my communication apprehension.
I really liked the template of all the speeches given as it allowed me to feel confident when writing my rough and final draft to performing the speech. The idea that I was performing to a live audience in my household also helped me after every speech as I felt more at ease every time.
I think the group discussion and the pre-speech organization helped reduce my communication apprehension.
The breakout rooms and the fact that we got to record (and re-record) our speeches. The value speeches also taught me that not all speeches have to be serious and dense with information.
every assignment.
The speech informative, and the Tiktok activity
the fact that I get to film it makes it easier and less scary.
Doing the speeches helped.
I grew more confident with each speech and video that I recorded
It was the speeches that has helped me reduced the my communication apprehension.
The rough drafts
I think the overall feedback and questions made me more open to the type of people which were in my class.
The Engagement assignments, especially the TikTok challenge and the Sell It! speech were very effective for me as I have a hard time being enthusiastic and not monotone when I give speeches. Although these were small assignments, they helped boost my confidence and made the larger speeches easier.
Delivering the speeches at home to people I know helped with the nervousness I usually experience speaking in front of large groups, yet I feel as though I would have had better practice if I was forced to do so in class.

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
Formal speeches more than casual ones and group discussions.
Identity speech and informative speech
My informative speech is my favorite speech.
I think the engagements like the Sell It! assignment made it fun and easy to be open to making the videos/speeches. They were mostly graded for participation which took more of the pressure off the line.
speeches
Sell it Speech
I loved the tik tok more than I expected
Some activities during this quarter from my communication class helped reduce my apprehension of speaking in front of an audience. These activities were about various topics from favorite class subjects to saving the planet.
I think it is I get used to discuss in groups without much nervous like before.
The speeches and the small activities
My informative speech as well as the poem/tiktok speech.
Great
presentation at home without audiences
Engagement part
I liked the speeches-- specifically the first one because it allowed me to teach what I was already familiar with to new people.
discussion and survey.
The Media and Identity Speech
The smaller flipgrid assignments really helped me in my speeches, because they are very short and you get to focus on one main point/topic compared to many points. It helped me organize my thoughts
the demonstration speech
I liked how the speeches were still required with the course despite the current circumstance's. Although it was through a camera, it still showed me what I could improve on when giving speeches or even speaking in meetings.
Doing the actual speeches themselves I'd say was the best practice. Creating a strong outline definitely helps with the delivery of your speech.
In general I have always liked talking. Talking online was interesting because face to face is very different.
I really liked the assignments and discussions we had. I particularly liked how class wasn't on Zoom and we just logged into canvas during class time to participate in discussions or complete the work assigned. This made me much more engaged for the class and excited to learn.
notes
I believe that the smaller assignments we had, such as the ones at the start of class where we shared our responses with everyone, no stress helped. As well as having our major speeches in a small-group setting.
The biggest thing that helped were the minor speeches. I never really prepared for these in detail, but it helped because of how I was able to start a flow of thoughts and give the quick speech.
The activities that helped me reduce my communication apprehension was the breakout room activities. I found myself feeling comfortable and going out of my comfort zone.
As much as I didn't like pop-up questions, and having to talk for a few minutes during random days, I think it helped get used to it, maybe if it happened more often it would have helped even more.
Over time, giving me multiple speeches helped me gain more confidence in my speaking ability.
Reading the chapter of the textbook and the outlines for the speeches.
group break out rooms
I think doing little group discussions during our meetings helped us get to know our classmates. Also, having the same group for both speeches helped a lot!
I liked learning about the different practices one could do before a speech to help calm the nerves (i.e. turning fright into excitedness). I also really like that the speeches cover both personal and informative topics, to better prepare me for any kind of speech I would have to give in the future.
persuasion and the discussion post assignments were very fun

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
The speeches I did throughout the quarter reduced my comprehension apprehension gradually.
There are really many presentations in this class, whether it is my own or my classmates. It is very helpful for me to watch my speech and others' speeches and reflect on them. The techniques that professors can use in various lectures in class are also helpful.
What helped me reduce my communication apprehension was major speeches about topics I was interested in instead of giving topics.
Having to speak in front of groups of people and even the whole class.
Being able to work with my classmates and share our thoughts on certain topics.
All of the speeches the recorded ones and live ones helped me a lot. If I had to pick one that helped the most it would be the live ones via Zoom.
Mostly all the online speeches, which helped me relax a bit more without the full picture
The smaller activities in class such as our favorite/ least favorite of something. Those helped for less nervousness in casual conversations and when it came to the actual speeches.
All the assignments helped because they were all topics I actually cared about and wanted to share
I believe the ted talks and my 2nd- 3rd speech helped me be more conformable while presenting and being myself. I noticed my progress throughout each speech that'd I have gave.
Getting asked questions even if it was a day where we didn't have any speeches helped reduce my apprehension. Talking about my favorite movie or tv show was easy and made me feel comfortable. Something I didn't stress myself out over.
Small questions of the day like what is your favorite TV show and small speeches.
Nothing much to be honest.
the speeches itself helped me a lot with my communication and a lot of the mini assignments done in class were also great.
Reading responses help reduce my communication apprehension because I could gain more knowledge about critical thinking in group work. Then, I could apply it to my daily life or for self-reflection purpose.
Being free to choose topics
Before our meeting begins, our professor would ask us about our week or of current events. This has been able to calm my nerves before class begins because it feels like everyone was having a casual conversation.
Before our meetings begin we usually talk about our week or about current events and it's helped me warm up with the rest of my classmates before class really begins.
The smaller activities helped me feel more comfortable speaking in public
Kahoot and the satire speech
Our professor had us talk about activities during class time. It certainly helped me face my fears somewhat. One of these activities was talking about when shelter-in-place as over.
The short in class speeches.
Public speaking, we did a lot of public speech, those are helpful.
Group work was very fun. I loved the presentations they were so entertaining.
this is the group assignments.
Having the time to meet with my group regularly helped me feel more comfortable with working with my group members. Sticking with the same group for the whole quarter made it a really comfortable environment
The short speeches we did where we talked about a certain topic during class.
break out groups
Doing any speeches small or large helped me get more used to talking in front of the class.
The activities of little speech about ourselves reduced my nervousness.
Persuasion speech and praise or blame speech
We did public speak which helps me a lot.
The professor really took the time to concisely explain what we need to include in our speeches. This clear structure significantly helped as what needed to be communicated was non ambiguous after that point. I really applaud him for that.

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
The on-the-spot presentations like what is your favorite class or what is your favorite or least favorite food activities were both very helpful.
All the speech assignments
Honestly the meeting I had with Mr. Isacson before the quarter made me a lot less anxious about the class because he seemed really nice and chill and not scary haha. I think just talking to peers in groups also helped my anxieties.
I would have to say the notes provided by the instructor helped reduce my communication apprehension a lot. There were a lot of tips provided and even sample speeches were given to give the class a better understanding of what was expected of us.
During this quarter, I got many chance to convey speech. That is help to reduce my communication apprehension. But participating in group discussion makes me tense and stressful because some peers don't care whether I participate in a debate or not. He only talks about himself. Some peer use bad word contently during small discussion. This makes me feel afraid.
I really enjoyed having the mini group meetings during our class zoom meetings. I enjoyed the connection since we are at home right now and not at school. Additionally, I really liked our mini speeches that were not graded they were simply a tool to make us get comfortable with speaking in front of everyone.
All of the assignments.
I'm not sure. I think giving speeches helps me get used to them.
Group Speeches
The little speeches we would give almost every meeting
the fact that it is online and Professor Karlson is very friendly and welcoming so I did not fear judgement
Communicating through Zoom, breaking off into groups in the beginning of class to get to know others.
As we did each assignment, I felt more and more comfortable presenting. It took me a few weeks but at the end, I had so much more confidence than i ever did. Ms. Stephanie Anderson was an awesome teacher and great motivator. She made all of us feel extremley comfortable which made everything a lot better. I would recommend her class to anyone who is scared to take a speech class.:)
The speeches that helped me during this quarter to reduce my communication apprehension was the first one because it was all about yourself and I was comfortable in knowing information about myself that I knew I would give a clear, smooth delivery and the second speech because I got to choose my topic which was also something that I was comfortable talking about.
I met a lot of friends that made me feel really comfortable every time I talked to the, some of us have the same hobbies so it is really easy to talk to each other.
The group project. has help me communicate with others and start conversation.
Small group discussion
Small group communications in break out rooms
Breakout rooms
The assignments that helped me reduce communication apprehension was the speech assignments. These helped my apprehension by providing topics that were relatable and easier to communicate with others.
She often gave us small group time which helped me develop some familiarity with my peers which allowed my performance anxiety to decrease.
I would say the Acts of Kindness was the most helpful. This was particularly so since it was to be presented in a small group of 5 or so. Despite being rather anxious and tense that presentation, my anxiety was less than before.
The informative speech assignment is where I felt that I broke out of my comfort zone and I felt somewhat comfortable for once. Each assignment we have had in the class I have practiced but the more I practice the more confident I am while giving a speech.
being able to reflect on every one of my speeches with a reflection paper allowed me to address my strengths, weaknesses, and where I need to improve. it really helped with introspection.
The informative speech
I believe the peer responses make me more detail with my presentation. Because I know how my audience to evaluate me.
Extensive practicing. Having to go through the speech multiple times to smooth out the speech and work on transition and flow of topics

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
Breakout group helped me stepping out of my comfort zone and forced me to talk to stranger. Brainstorm assignment gave me time and spaces to rethink my topics. Giving speech gave me chances to practice.
Overall, the speech assignment had greatly improved my confidence into my speaking and I have no problem of sharing my ideas out to other people.
Being in the professor's class room gives you the feel of a very relaxed attentive environment.
Just all the speeches in general helped me build my confidence in speech giving.
taking more time on practicing
Informative speech, and the persuasive speech.
Group Discussions
I think that the personal experience assignment helped me reduce my communication apprehension as it an easier assignment to help ease into public speaking that doesn't require much research.
The activity that helped me the most was the final group presentation.
Sometimes it made me feel more confident and it help me keep practicing more with my speech's.
- I spoke my opinion about a topic we were going to choose for one our speeches but I felt like as a group we could do better a topic that was interesting a fun and we ended up doing it because they also agreed with me. - The speeches LOL they really helped especially because we are in a pandemic and everything was online :)
the minor speeches helped me prepare for the major speeches.
I like the discussions and speech process.
The speeches and the class communication
Informative speech help me reduce my communication apprehension. Since I was currently overseas and have no idea how may I communicate with my teammate. This assignment did help me understand how to work with them.
The tik tok assignment towards the beginning of the quarter had me really nervous at first, but then when I was actually doing it, I found it to be quite fun and wasn't all that nervous about sharing it.
I believe the breakout rooms for the discussion questions helped me to really understand and further comprehend what were learning in that chapter.
Ice breakers// warming up the conversation with small talk or stories.
consulting with your professor before submitting your outline
I think breakout rooms helped personalize the class more rather than just talking to screens.
Breakout rooms helped because the groups weren't too big
A lot of the critiques at the end of the speeches allowed to review constructive criticism for my benefit.
Just the continued practices and opportunities of talking to my classmates offer me the ability to increase my calmness and confidence when talking to people.
I think that doing the speeches in Zoom helped with presenting. When other people do it with me, I do not feel alone because we sometimes face the same problems since I know that every one of us are usually nervous.
Group assignments and groups discussions
I like the brainstorm assignment. It helps me come up with a best topic.
For me, the two completion speeches gave me a lot of confidence. The first speech gave me an idea of what to expect for this class, and the 4th speech allowed me to test whether or not my idea was good enough for the 5th speech.
I think working with a group really helped me feel more comfortable and confident not only with speeches but just improved my skills working with others.
Outlines and Speeches
The wonder woman, informative speech, persuasive speech
Mainly the group speeches because I felt more comfortable when presenting.
All the speeches, include the Zoom speeches and Flip Grid speech.
Turn on the camera in every class. Team survival speech. Flip Grid speech. Break-room discussion.
All speeches, on Zoom or on Flip Grid. Professor usually encourages students to speak up. Discussions in every class.
I felt like the heart transplant speech made me step outside my comfort zone and get into a different character made me reduce communication apprehension.
Talking to other classmates casually in conversation

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
warm up activities and group speech
group building exercises
Just practicing with people listening and getting constructive feed back.
I think the flip grids reduced my communication apprehension.
I think group activities in class meeting. plus we give online speech, so I feel more comfortable
Seeing other people give their speeches when I did helped me reduce my communication apprehension, because I knew that they were all as nervous as I was. It calmed me, knowing that I was not alone.
Every speech, working in a group is completely opposite than going solo such as previous classes where its solely you up infant of your classmates
Group Speeches
more groupwork
The outlines and organizations we were made to do in class really helped me form a better way to present my speech.
The cultural commitments speech definitely helped me reduce my communication apprehension because it was mostly about us and getting to know each other. It helped me get more comfortable with my peers, as well as the informative group speech! All our presentations truly built up lots of pressure and nerves, and even though I presented with some amount of being anxious, I believe that the nerves pretty much went away.
Performing the actual speeches was helpful because it was actual practice giving a speech in front of people.
All of them. It was great practice. Our impromptu speech prepared me for experiences we all face that we have very little control over. I learned a lot about Public speaking, organizing my thoughts and oddly writing.
the group project and impromptu speech
Participating in group breakout rooms.
Working with a group helped me with my organizational skills when it comes to communication.
The group project on the social media platform helped with my communication skills because we were often on zoom calls together, so doing that often enough made me more comfortable and prepared for participating in class zoom calls.
The group speech helped reduce my communication apprehension because I wasn't alone when I was giving my part of the speech.
the group speeches, the video call break out rooms were helpful too!
team speech
Practicing in front of a camera
Maybe the peer reviews and what not during the speeches.
Primarily readings, speech outlines, presentations, and select videos.
The AHA speech really helped the most when it came to really understanding outlines, presenting, and selecting a topic.
the introduction, nametag
The nametag presentation, and the getting to know us presentation.
I feel like just having to present more has helped me improve. I also have tips and techniques to use now.
Setting up an initial plan in the beginning of the class to address my goals and ways to achieve them helped me stay focused. Doing Flip Grid discussions also helped because they were imitated speeches online without the pressure of an audience, time constraint, and a restrictive rubric/instructions.
I think this quarter was actually more nerve wrecking than past communication speeches. However, I still love giving speeches! My group mates thought I was very knowledgable with our assignments but when I had to speak up in speeches I was the most nervous.
The outlines really came in handy as a way to help organize my speeches.
All of the 5 speeches throughout the quarter. It started off easy and then progressed into more requirements while made it easier.
Group discussions
There were not many assignments that helped me reduce my communication apprehension. I would say that getting comfortable with my peers helped a tiny bit with speech anxiety.
All the assignments we did helped enhance my train of thought and they were really fun especially the impromptu speech.

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
Presentation
The two group speeches, and my groupmates. They were very understanding and reliable.
Doing the peer evaluations after our speeches really helped me get more confident. The different types of speeches also helped me figure out the right tone to use.
the informative speech
Continually drafting up speeches and putting it into practice through the presentation really helps.
Pet Peeve speeches, because it is a speech to talk what I fear and it is one way to release the fear and stress by speaking it out.
The break out rooms and outlines really helped my confidence over the course of class. I was nervous to give speeches but the preparation and feedback from my peers helped me work through that.
All of the major speech assignments were helpful in this regard. Minor assignments such as the show-and-tell were helpful for building familiarity and empathy with audience, and thus reduced apprehension.
Repeated practice and the opportunity to solidify our ideas with an outline before speech day. Also, as the level of speeches became more challenging, it helped build stronger speech skill.
Just talking in front of people really helped a ton.
I think any speech that allowed me to speak from personal experience helped a lot.
The group project in the end really helped my nerves when speaking publicly.
I'm basically not good at speaking in public, but using PowerPoint speech made me feel a little comfortable.
I think breathing helped me a lot because my nerves would sometimes overcome me and I'd forget a lot of information I'd remember very well. Speeches that helped me a lot as well were the minor speeches due to the fact that they got me comfortable in front of the class and I felt more confident when sharing.
The best activity to help reduce my communication apprehension was practicing. Practicing over and over really built my mind to remember my speech and have my talking points in mind.
group discussion activities and group work after class duration.
The few minor speeches helped me get comfortable with presenting to the class
All the outlines we had to submit and the videos we watched of other speakers.
The readings, class discussions including making videos.
I really like how all the speeches were group speeches because it was easier for me to communicate and deliver it with my group.
The perspectives speech, it's a little difficult for me to voice my opinion and place it the internet for all to see
I think the six word memoir at the beginning of the quarter and the online zoom speech we had as our final, helped me reduce my communication apprehension because both caused me to do things quickly, on the spot, and helped me realize that I'm not in it alone.
One speech that helped reduce my communication apprehension was the demonstration speech. This speech helped me become very comfortable in speaking in front of a large audience using a familiar topic. An assignment that helped reduce my communication apprehension was the self critique since it helped me understand what went well in my speech and what I could improve on so that I can become a better speaker.
Group speeches
With the practice of us creating an outline every time we prepared a speech, it helped me learn the organization of how a proper speech can be structured because before this class, I knew nothing about how to construct a speech that had a cohesive flow that would be easy to listen to.
Persuasive Speech
In terms of big speeches I liked how we were free to debate/exposit on subjects we are interested about. Given the chance to share something I care about, to the point of passion, made speaking all the more comfortable. With smaller activities, I enjoyed how Professor Sakahihara used roll call/attendance as a way for students to engage the class. Whether he posed a simple question for the students to answer or encouraged us to speak a little bit on a specific speech subject it definitely kept us focused in class. It was a great way to make the best of a challenging learning situation.
the group speeches definitely and the tiktok we made.

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
I think the soapbox speech really helped. It was easier to feel comfortable when you're really into what you are discussing.
Impromptu speech and a group speech to collaborate with different people.
The communication within the group.
Peer review of each other's work
Speeches I had to give throughout the whole quarter.
The group speech that we have given. The communication and having support.
Getting to know the other students Going to office hours
The last 2 speeches which is the informative and persuasive speech
being on zoom and chating with everyone in the room.
The second speech. understanding the outline.
Being in a group helped me reduce my communication apprehension.
using zoom instead of being in person
I just liked the repetition of the speeches and getting to do it over and over and eventually get comfortable with it.
Just giving more speeches helped me to be less nervous. Also preparing speech outlines helped me to feel more confident when giving speeches.
I think the icebreakers and the breakout rooms definitely made me feel more comfortable communicating with others.
doing outlines and peer reviews helped me understand how to speak and understand communication more
The reading assignments in the book, since it often stated the many feelings I felt others can also feel.
The little minor speeches.
none, this class has been very helpfull
group assignment speeches really helped me open up more.
I feel like every group presentation I have learn something new and the feedback of my classmates have also helped me start making changing with the way I have to be when talking to someone or a big audience.
I think the quizzes and the practice speech like flipgrid!
The speeches
I really like breaking into groups during our zoom meetings as it kind of broke the ice. Also the assignments like the topics were really good, since we were able to pick in our group. The more interesting the topic was the more I felt comfortable speaking.
After doing that tik tok everything else seemed easy.
second speech
I liked the activities that had us record ourselves. It was interesting to know how I sounded to others.
Activities such as topic discussions and preparing my outline beforehand helped reduce my communication apprehension because it made me contemplate and think about the topic in depth. As a result, I was more prepared and had time to brainstorm how I wanted to present and research.
Honestly, I thought that some of the readings from the quizzes made me more aware of tactics I could be using for my speeches and communication in general, so I think that would ultimately have been what's really benefitted me within this class.
Answering questions about ourselves such as what our biggest fear was very helpful. We don't often all get to participate in casual discussions in classroom environments and it was fun to talk about our fears or our favorite movies because those are things we know really well about ourselves. It was fun to hear everyone else's responses and I was not scared to share mine.
going into smaller groups
I enjoyed doing speeches that were graded on participation because while I was receiving feedback, I felt less pressure if I were to mess up. In addition, the topics of each speech was really interesting to me.
During this quarter, an activity that helped me reduce my communication apprehension was the discussion boards where we could type out our thoughts and receive responses from our peers virtually.
Writing outlines
Presenration and discussion

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
presentation and answering normal questions
Online activities and engagements assignments help me understand other people's perspectives and get engaged in the discussion.
The case study facilitation
The speeches themselves were incredible helpful to do that. But I strongly believe that even the breakout rooms had their role on that as well. The book is also super straightforward and easy to comprehend, which makes it much more helpful. Besides that, I believe that the the outlines were a great source of help for me to organize my ideas from my speech and therefore also ended up helping reduce my communication apprehension.
Practicing with flip grid and while taking the speeches on zoom
facilitation
the chapter and reading review helped me evaluation the way I communicate.
My last speech definitely gave me a boost of confidence.
They all helped a bit.
Having to cooperate with other students made it much easier and helpful.
Using Fripgrid makes me feel nervous before, but I was getting used to it, and I can see other speech so it was motivated to involve my speech.
The job interview speech because it helped me to imagine myself doing one.
When we split into small groups it really helped
For me it was being certain that I can do my best to try doing the assignments for Speeches and et cetera even if I did not put the time to start it I'll complete it.
-Making outline for the speeches -Pratice the speeches -Prepare visual aid carefully
I felt very comfortable in every facilitation and truly enjoyed learning about each case and discussing them in the breakout rooms.
learn how to breath, have organize outline with topics,
The improved speech really helped me open up more. After that speech, I felt a little more comfortable giving more speeches after this.
when I did the group speech and the speech when you recorded yourself
A lot of the discussing and feedback after individual speeches played a role in reducing my communication apprehension and increasing my confidence.
Getting into break out groups this quarter has greatly helped me. Meeting new people and speaking with them took my anxiety away.
All of the speeches were helpful, nothing better than actually doing it.
Keep giving speech
I think the speeches that I don't have to practice for, like topics about what I know, helped reduce my communication apprehension.
The impromptu speech gave me a way to express myself with little prep and it showed I could do it on the fly rather well
The demo and persuasive speeches
speeches
The FlipGrid discussions and the Zoom meetings helped me a lot to reduce my communication apprehension. By talking to my peers helped me become more and more comfortable to speak.
After presentation, professor gave me some feedback and help me figure out the problem.
I think the final presentation was really helpful with my communication apprehension.
The very first cultural speech did because it was h the e first out of all and made me feel more nervous
Getting more experience in general, I was especially nervous because I am conscious seeing myself on the camera, versus in person I can't see myself. Having just multiple speeches and having there be a lot of positive feedback from the professor and other students was helpful to my self esteem.
discussion between classmate
all of the speeches helped my communication apprehension, the speeches that stand out the most to me in terms of learning were the first in-class speech and the group speech.

Question: 26. What activities/assignments/speeches etc. during this quarter helped you reduce your communication apprehension?

Response
Group discussions.
- learning and practicing good preparation/speaking habits
One that helped me was the AHA and soapbox speech and the topics in general of all speeches truly helped me because I felt like I could talk and speak comfortably because it was something that I knew about or a topic I was passionate about
All of them
The group project on WhatsApp helped reduce my communication apprehension.
The actual speeches themselves helped me to reduce my communication apprehension. It is not that I was necessarily nervous, but I knew verbal fillers, nonverbal cues, and my speediness in a speech did give me a less than credible appearance.
Working in groups is what really helped me with get past any anxieties I had with the class.
Our speeches overall has helped me feel more comfortable with communicating with others.
As we kept doing speeches I was getting more exposed to it that it was getting easier with time.
The group speech gives me more confidence to give a speech
I think the reflections really helped me because I was able to see what I was really doing, analyze them, and figure out how I could reduce those issues.
I think discussions with classmates throughout the quarter made me feel more connected to everyone.
I liked the Topic discussion assignments, because it gives a long time for students and make students to deeply think about the interesting contents regarding to communication. It helps eventually students to develop their communication skills.
FlipGrid
interview speech
I didn't really have any to begin with
Watching the videos and chapters assigned really helped me understand about my communication apprehension so I could improve.
The structured approach and the formulation of a thesis statement were useful in helping me with my communication.
The class was on zoom so when presenting my speech it was easier to give it to my peers.
The impromptu speech
the group speech and the impromptu speech helped me out with conversing and making speeches on the fly.
The group speech helped a lot on reducing communication apprehension. Being able to work with new people over zoom was an interesting experience.
I think the very first speech was very helpful to me because it helped me break my fear of speaking the most.
Just doing it more helped alot
Talking in front of others and getting feedback
aha speech
The first speech helped me because it was about information I knew already since it was about myself.
Sharing outlines helped me to get idea how to make a good outline.
I liked getting to know my classmates.
Using an outline
Actually, all presentation and discussion were really helpful. These make me feel confidence.
getting a lot into small group discussions.
The impromptu speech really helped me. It was a way for me to just find a way to remain calm and make sure I can handle the surprise topic I am given.
Actually, all assignments were really helpful. They made me feel confidence.
For me every speech assignment was very helpful to me because it broke the barrier for me to speak in front of others.

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
Have not completed course.
Today was the first day, but everyone is very nice and the instructor is also very nice.
When they were asking questions and laughing.
Confidently when giving speech Nicely ask the audiences their feeling
They help others out when said other person is feeling anxious, and they respect you while you're talking; keeping all attention on you.
They also encourage and applaud to help me feel respected. And, they also ask me questions to help me feel heard.
The opportunity to re-do speeches. Time to interact with classmates to know their thoughts an ideas about my speech
First one would be when people are actively paying attention while I talk. Second would be making eye contact to the speaker.
They nod and make eye contact with me during my speech. They engage in the Q&A section enthusiastically.
They all listened to what I had to say and they received it well where they would also give helpful feedback once in a while.
My classmates always paid attention to me when I gave a speech and They took my thought into consideration in group discussions.
questions after speeches and small talk
They always clapped before and after. Their constructive criticism was always respectful and they put their attention on me.
eye contact and giving feedback will make the speaker feel heard and respected. It will show that the audience was actually listening to the speaker
A behavior that helped me feel respected were the feed backs they gave, it shows that they were paying attention. Another behavior that helped me feel respected were the clapping.
Cheering and paying attention to the speech
My classmates giving me their full attention and asking me questions when needed.
I felt heard/respected when people have their full attention to the speakers, and talked openly about their personal experience/opinions.
I like how we all give each other full attention (eye contact, not going on our phones) during our speeches and provide constructive feedback (not just positive or negative). Our class is always respectful to one another without biases, because we are all in the same position and understand each other.
It seemed in the time slot that worked for me I would see some of the same people, and got familiar with them which made it easier. I also liked the instant feedback and written feedback from each other.
Paying attention to my speech They always respond to my speeches in a positive way, my confidence increased in this way
I liked that they gave me honest and respectful feedback after my speeches. I also liked that they acknowledged all of my discussion posts.
Clapping before and after our speeches made me feel like I was acknowledged into giving my presentation. Also , my classmates don't laugh when it's not appropriate and they do laugh when something funny is said which makes me feel like they're engaged
They are all respectful when you're up giving a speech and willing to listen. They also seem very nice and make you feel welcomed without any judgement.
My classmates gave me genuine reviews for my rough drafts which made me feel valued. They also didn't disrupt my speech during speech day.
Q and A relaxation
When I got back to my table my fellow classmates would give great confidence. Also when I was feeling stressed they would try to reassure me that everything went great.
one thing was that the group didn't leave you alone they always help you and involved you in the conversation made you feel that you were important.
feedback and asking questions after the speech
Classmates gave eye contact and sat up straight.
eye contact as well as body positioning when presenting.

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
Positive reinforcement, as well as open minds that are all supportive and empathetic.
giving eye contact and other nonverbal responses like laughter or smiles while I spoke
They paid attention while I was speaking and gave honest feedback.
- Clapping - Audience eye contact / general look of interest
My classmates were very encouraging. For real time feedback, they always said a positive and a negative about the speech.
Being able to clap at everyone before and after giving a speech makes everyone feel validated. Another action would be laughing during a joke when saying a speech.
Just looking away and having the same issues as myself helped me because I felt like I was not alone.
always listened to me and respected my opinions, saying good job to me after my speech
My classmates would pay attention and not talk over me, which helped me feel listened and respected.
-looking at me when I spoke -giving validation
This class in particular was very friendly and I never felt judged. When it was my turn to give my speeches, I always felt like they were supporting me 100%.
Everyone is friendly.
They are respectful during speeches, the peer reviews are always helpful.
The peer reviews, and the respectful listening make me feel valued nad heard in my communication class community.
None of them had their phones out and they were always looking at me when I was giving my speech.
After each member of the speaking group spoke, we were called upon to give peer responses. These responses really helped because they were able to tell me what I did well and what I should work on next time. I also really liked the discussions because people would respond to what I had to say and we all seemed to support each other. It was a wonderful little community.
I think when my classmates gave me feedbacks about my speeches, I could feel respected and valued. I could improve my pronunciation on my speech, and also I could use more gestures during my presentation.
What they would do that helped me was that they would ask me questions about my speech. that would make me feel like they actually cared about my speech. Another thing that they would do is that they would pay attention to what I would say so whenever I would say a joke I would hear some kind of reaction.
When people are silent and allow Me to speak and when they help me recall stuff, like remembering to repeat their questions.
the clapping and the questions
Eye contact Body movement
Good feedback
Paying attention and giving me feedback after the speech on what I done right and wrong.
Supportive and encouraging. At some point any of us was feeling conflicted and extremely nervous because our own triggers made it hard to be comfortable with public speaking. But we always encouraged one another by starting with small compliments, applauding for each other and helping one another.
Paying attention Not making unnecessary noise
eye contact and feedback
If a classmate responded directly to something I said, it showed me they really listened and made me feel valued. Things like their body language or verbal affirmations also made me feel valued.
when people laughed and clapped at the end of the presentation. It made me feel more confident as well as left a feeling that my presentation was interesting
- great listeners - great feedback and constructive criticism
- great listeners - great constructive criticism
I liked how we gave feedback as soon as the speeches were completed. We all received great feedback from our classmates that we realized that not only others had to fix, but we had to do. I also really liked how no one hesitated to help each other out, whether it was regular comments for discussions or helping 'zoom' work for others, or timing a speech.
returned eye contact and reciprication of questions.

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
- Speaking not too fast and emphasizing on key words and phrases. - Giving eye-contact to both side of class.
giving feedback nod
When my peers refrained from talking during my speech it made me feel respected. The questions that were asked by my peers after my speech gave me a sense that they were listening and interested in what I was saying.
The fact that everyone was respectful when it came to listening to our speech and our opinions.
Audience reactions and eye contact throughout my speeches
Eye contact, and the feedback they gave when I asked questions.
I liked being told by other classmates that the speech won't be that bad and I got it. I also liked being told that I did good.
Two ways the class helped me push through this class was telling me that I did good on my speech and also hearing "it's not that bad! You'll do fine."
When I would say something funny while presenting I felt better when my classmates laughed and weren't completely silent. Or when i would look around the room and see people smiling, that would make me feel like people were listening to me and not doozing off.
My classmates were always listening when doing discussion questions which made me feel very valued. Also, my classmates always do what they are suppose to and I really appreciate them for putting as much effort as I do in the class.
Head nodding, smiling.
The audience was looking and listening to what I was saying and everyone clapping in the beginning and the end of all of the speeches.
They complimented my speaking and peer reviewed me nicely.
My classmates would smile when we made eye contact which definitely reassured me that I wasn't as nervous as I thought I sounded. They would also nod their head, which was another indication that I was doing alright.
they clapped every time I spoke people were respectful and everyone listened
I appreciated the positive and negative feedback because it helped me better for the next speech and so forth. I also felt valued and respected when my classmates enjoyed the topic I spoke or wrote about.
classmates smiled and comforted me classmates were quiet and did not do other things while I presented
People smiled often and participated in conversation
I valued seeing how confident some of my classmates would pursue to look relaxed and that would make me realize I had nothing to worry about.
they were all respectful & attentive.
Engaged and clapping at the end of each speech.
I felt respected and supported by my classmates when performing my speeches as they would listen without talking and cheer me on, and also making conversation/connecting with my classmates made me feel valued.
They all seemed to be paying clear attention, felt like I wasn't being judged if I forgot something. Even them commenting felt like they cared about what I said.
Classmates always clapped and encouraged me and others when we go ut to give a presentation. The classmates were very positive.
the instructor had 2 rules in his class that i think are so important and something that every instructor should implement: no phones at all and a round of applause to introduce a speaker in addition to concluding the speech. despite the fact that its an expectation of the instructor, these very simple things not only tell you that you are being heard but it also lets you know that you will be respected. it was difficult for me to speak in front of people and the fact that i received applause before i ever started speaking reminded me that it was going to be fine, that we were all in this together and that the audience was on my side.
I think when you look out to the audience and you see someone smiling while they are giving a speech is truly amazing and the best feeling ever.
Two behaviors my classmates performed in the class that made me feel respected, valued, and heard in the communication class community were feeling their attention on me, and the class being quiet while I present.
When the audience would seem interested or respond to my speech with their body language and when my classmates would smile while I did a speech.

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
I think the peer responses was a nice way to understand how my peers perceived my speech and it was nice to hear from more than one of my peers as well to give a more diverse perspective. Secondly, I think it useful to have everyone muted and the person speaking to have the full speaking capability during each speech. This allowed me to feel that everyone was giving me the respect of listening to what I was saying.
Like my topics and also eyes on the presentation
Eye contact and body language. This class was very welcoming and the use of body language after a speech was helpful.
Idk
All of classmates tried to focus on other people's speech. I have no idea whether they looked at me or not because I was nervous, but when I made eye contact, they looked at me and listened very well. In addition, when I prepared for the minor speech 3 with my partner Yumna, she helped me a lot and very respectful.
Worked together to develop project ideas and finish assignments.
While delivering speeches, classmate were engaged, smiling, and interacting with me. No one was ever disrespectful when sharing their thoughts.
They give me a hug when the end of the presentation. They give a lot of funny things to me through this quarter.
No one ripped me down, and there was constructive criticism.
When a classmate complimented me after I gave a speech, I felt like I did a really great job! When my classmates joined in on making the class letter/card for our instructor who was going through a rough time.
Smiling while I speak and nodding their heads in agreement.
Smiling while i'm giving a speech. Nodding & agreeing with what I have to say.
Two behaviors/actions by my classmates that helped me feel valued and respected in my communications class were being positive when others spoke and the provide advice to each other to improve.
Eye contact
Eye contact and mindful listening really made me feel respected and comfortable.
Eye contact and mindful listening are the two behaviors that will make me feel respected by my peers.
I like when my classmates enjoy and connect to my speeches. Getting feedback from them is very helpful and I'm glad that they are always willing to listen to what I have to say.
applause and friendly laughter
Proper feedback, group pair shares during class discussions.
Utmost attention and genuine interest in what it was that I had to say.
2 actions I felt helped me feel respected were when classmates acknowledged my opinion ("jumping off of your point...") and just knowing my name when they call on me.
Watching my peers give speeches and giving I would watch them nod their heads after I say facts. AS well as when I was done giving my speech they give feedback on what I was saying.
2 behaviors performed by classmates that made me feel valued where eye contact and them encouraging everyone to share their opinions.
Providing honest feedback and being open to my personal interests
Good eye contact and head nods of approval during a speech.
Listen to the person speaking. Their eyes always focus on the person giving the speech during.
The energy that the class brought in was enough for me to enjoy giving my speeches and the discussions that come up after the speeches shows that the class was paying attention to the speeches.
1. My classmates asked me to share what I planned to do for my individual speech and gave me thoughtful comments. 2. My groupmates, specifically, asked for my opinions and feedback on their ideas when I hadn't said anything in group discussions.
hand clap.
When everyone looked at me and nodded their heads to say that they understand and or agree. Another one is when everyone was clapping in the end and asking me questions to show that they paid attention and wasn't bored.
1. Positive reaction to my speech. 2. no disturbance and looking at me.

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
In my opinion, when I see other student present their speech or project it makes me feel close to them because to them it made it look so easy which is where my motivation comes from. The second behaviors would be within my table group. They didn't make me feel uncomfortable to the point I don't want to talk, yet this group made me feel like I have known them since a long time ago. I really appreciate them for being themselves helping me to be fun and not awkward.
Discussion responses and speech evaluations
All of my classmates gave me their time and attention without no distraction, therefore, I will respect and valued for them showing me respect when I'm speaking.
all of my classmate gave me their time and attention when I was speaking, therefore, they showed me respect and made me feel very valued.
They reacted with laughter to my story which helped calm my nerves and also acknowledged the small things and said things like " I can relate to that"
They all smiled and were very friendly. They also gave valid feedback to help with my speeches
1. Eye contact 2. nodding
It was them just acting like living people. When people act like they aren't "dead", but instead act lively like young adults usually do, it makes me feel a little more alive myself. Another behavior is the laughter, the humor makes me feel more comfortable in the class.
1. After my speeches my classmates pointed out areas of my speeches where I could improve and It made me feel valued because my classmates actually wanted to help me. 2. During the peer review that my classmates gave me after the speeches were over, the classmates who gave me reviews also gave me tips on how to improve.
Listening, asking questions
they was really will know what I'm talking about and they will tell me how to fix the not good part.
Other students agreeing with me helped me gain my confidence speaking in class. I also felt valued when everyone gave their attention to me when I was a speaker during the speech.
Alejandra walked around with me to give the AHA speech survey which made me feel less awkward about going up to strangers. Kevin and Carlos were always cheerful which made having them as deskmates enjoyable.
Didn't go on there phones Nodded at me and asked questions
they clap and nod there head like they agree with what i am saying which boost up my confidence
Though I made mistakes or slipped up and did something embarrassing during a speech, my peers were supportive and still acknowledged the speech as a whole with no ulterior judgement.
Making eye contact and attentive
optioned minded, not afraid to get involved with conversations
Everyone was respectful and the instructor has been understanding
Just listen and have eye contact
The applause and everyone actually looking at me while giving the speech made me feel like the speech was valued in some way.
Respectful and open
Questions, conversations
class discussions and speech games
Adaptability, especially in terms of our group presentation and being able to think on the spot/under pressure. And mindfulness as well
having eye contact, them not being on their phones.
Active listening and humor suggestions.
When they would give me positive feedback even though I thought I had messed up my speech. Another thing was that they were critiquing my speech it was done positively in a way where my feelings won't be hurt.
they laugh at my jokes, most are more quiet then me
I felt respected when my classmates showed that they were invested in my speeches. I also felt heard when they gave me feedback on my presentations because it shows that they were listening.
for the most part people not being judgmental helps
Group discussions, group projects

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
What in my bag! Everyone learn a lot about each other. Also having open conversation with classmates I've never spoke to was great.
by my classmates looking at me instead of looking somewhere else and not paying attention at me.
They were really supportive and overall very nice.
not being judgmental, good listeners
I liked how at the end of the speech, we gave feed back and we give a more in depth analysis after the speech.
They didn't use their phones and they were attentive during speeches
Chatting, always welcome and feels great. makes me feel included. Opinions! Very important to improve and there are few things I value more than honesty.
Receiving feedback from classmates on Zoom right after presenting my speech not only helped me know what my strengths and weaknesses are, but also made me feel listened and respected. Also, when they nodded or showed that they were paying attention while I was speaking, I felt respected.
They all paid attention and didn't made me feel out of place
1. Audience response that made me felt heard while I gave my speech. 2. Complimenting my speech afterwards.
Two behaviors that helped me feel respected would be the engagement as well as the feedback after delivery.
Their listening and positive feedback
Paying attention and just being engaged with the speaker.
one was just seeing them listen and not go on their phones, and the feedback they give shows they were paying attention.
Everyone respects their peers and the fact they they listen to your speeches and don't critique it right away is a good thing. Another is everyone is really openminded, thus they allow for change and your specific point of view.
while presenting they were accepting and were not judging
My classmates give me feedback after every speech and also peer evaluation which help me feel respected and heard in the class.
everyone will look and listen to you
They gave me honest feedback as well as listening intently to me.
They did not laugh at me.
- peer responses that were detailed and in depth - one of my peers reached out to me at the beginning of the quarter and we got to know each other
The peer-review part is good. I also like one friend I make during the class who continue to email me later.
When my classmates given a speech in front of class with confidence it helped me to build my confidence too
listening and paying attention
Their peer evaluation was thoughtful. On weekly discussions, they always gave me good advice.
The first behavior/action performed by my classmates was eye contact. During my speeches, I noticed that there was consistent eye contact, indicating that they were giving me their undivided attention. The second behavior would be actually facing and listening to me during the speech. Everyone put away their phones and laptops and proceeded to envelop themselves into my speech.
Everyone of them have active listening skills. And in the last group performance everyone in the team always like my ideas and given me the opportunity to give my ideas and follow that to give a performance.
My classmates offered me valuable feedback that I needed in order to work on my speech fundamentals. Additionally, they were all attentive and cooperative during all of the Zoom speeches.
I am lucky to be in this class. All my classmates were very respectful in giving replies.
At the end of each presentatiion, getting feedback or questions they had about it, and in general the clapping.
Receiving shout outs for speeches, receiving personal feedback in breakout groups
eye contact, applause before and after my speech
Listening while I was delivering speech. Maintaining Eye Contact with me during the speech
Payed attention and made eye contact while I was speaking.

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
As time progressed in this class I had gotten more comfortable with my table group, we started talking more, saying good morning to each other everyday. The other thing would be during group discussion, evryone would stop taling and let one person talk about hi/her opion. This is really important for me because it is more effective to reach out oppions or message to everyone in the group rather than the whole group is talking all at the same time.
one thing that helped is how easy it was to talk with my group. the second is that every one was very open when talking about everything.
Asking questions after my speech and giving me a round of applause helped me feel respected, valued, and heard in my communication class community.
The two actions that made me feel valued or respected was the reactions from the classmates and the topics that the classmate choose to speak for their major or minor speeches.
audience clapping and insightful feedback and things liked/disliked
Just the fact that they all listened and that I wasn't the only one nervous.
My classmates and I always compliment each other and give each other high fives.
To have a role to be given as a job and preparing for the deadlines.
During the breakout groups I always got good feedback on what what I was doing well as wrong with out feeling like I was being judged. The focused looks on peoples faces while presenting made me feel like I had something really important to say and gave me confidence
good input and very responsive
- They were attentive during my speeches -They asked questions after my speeches
Peer feedback assignments were essential in knowing how I was doing. As well as breakout sessions to speak directly to everyone.
raise hand clap
participation in discussions about our personal lives and current events between both students and the instructor, willingness to talk to people outside of class by other students
My peers would tell me what a great job I did and even if I stumbled or made a mistake, they never criticized me for it. When we gave each other feedback, we never judged one another and said rude things to each other.
others expressing also feeling nervous, generally kind faces during speech
I think the classroom seating from the beginning helped me make friends who were very supportive of everything throughout and plus also we got opportunities to share our ideas with other groups for their opinion which eased out the process itself and gave us confidence.
During my speeches, classmates would be following me as I walked around the room and they also nodded with my points as I presented them.
Constructive criticism and peer reviews helped me feel respected as well as valued during the presentations.
Having their undivided attention while being in front of the class. Also while looking around the audience while giving speeches I could see their eyes on me.
Good listeners and asking questions regarding our topics
Silent engaged
eye-contact, use space in the classroom
Laughter at jokes and eye contact
1.Listen to my ideas. 2.For the skit presentation we each played an equal part and I got an important role and wasn't excluded.
Good eye contact Being responsive during speeches
Like laughing and showing that they are listening Discussing after the speech is over
they all payed attention during speeches and they only gave positive comments
Turn taking when giving opinions, everyone was very open minded, and we payed attention to one another.
Whenever I would look over to them as I was presenting they would nod, give me a thumbs up or smile. Made me more reassured that I'm doing good. Also before going up they would give a good and hard encouraging round of applause which amped up my vibes.
During the speech when I asked the questions and other classmates reply to me. They all kind to encourage me before and after the speech.

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
Attention and feedback
Applauded for and responsive listening.
They acknowledged the good areas in my speech and gave pointers and feedback after speeches, which was awesome.
A lot of people were very positive about any speech given and everybody always looked interested, even if the subject was boring or the speaker was nervous
them quietly listening and engaging with questions
Eyes contact and nodding head.
MY classmates paid full attention to me when i am giving a speech. Their body language such as making eye contact with me or nodding their heads when I made a point makes me feel more confident. My classmates participated in the Q&A section after each speech I gave, it made me feel like people actually paid attention to the information I was giving.
looking at the speaker during the speech and not speaking over me.
People laughed a good amount when I told jokes in my speech. People didn't interrupt or talk over me.
- Hand clapping. - Express their motivation.
Eye contact and hand gestures.
Remained silent when I was talking and helping each other out when we don't know what to do.
I guess clapping after my speech and paying attention.
- Nod their head. - agree with my ideas. - Responded to my question - Ask me question after my speeches.
eye contact listening
I liked how we were in the breakout rooms talking about each others speech. I also liked how people payed attention during everyone's speech.
Feedback during the breakout sessions and peer evaluations were generally positive. Even where my presentation skills were lacking, my information was appreciated and understood well. The discussions, contrary to other online experiences, felt more organic in nature and less forced.
I feel that every one of my classmates listened very attentively to my speeches and gave kind and positive feedbacks.
People sometimes acknowledge you by name when you would speak up in their facilitation, which is really nice because it makes you wonder how they remember you and they made an effort to recognize you as a classmate. You're not just some random stranger when they know you by name even if you hardly interact with them. As well even if you have a different opinion or feedback on presentation skills of a group or what a group should do better, people respect your opinion. No feelings are hurt.
1. Natalia guides me on how to play monopoly, also other players as one. That was my first-time playing monopoly, and they treated me with a lot of respect. 2. The comments and thoughts after my 1st speech. There were a couple comments about my cultural group. I feel like my speech be heard by others with respectful.
1. When I was about to take the stage, they cheered for me. 2. They focused on me when I was speaking.
Some of them were really confident and knew what they were doing. I really wish I could give a speech like them. The other thing I was impressed by was that their topics were very interesting.
clapped when your done and eye contact
Listening to others speeches and responding to them
They never judged me, they were also very lively
Everyone was interested and showed eye contact when I presented.
1) writing down facts about each other to be able to reference our classmates in future speeches 2) the applause before and after a speech
encouragement before my speech and feedback after
Participation and respect
2 behaviors that were performed by my classmates that made me feel respected, valued, and heard is that they face me and they listen to what I have to say.
1) they include me when we were in groups 2) they made jokes to de stress the situation
applaud, written feedbacks, pay attention to listen.
The active listening and the feedback after the speech were good. It made me feel good when the people sitting around me told me I did a good job.

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
I noticed that my classmates would smile at me during my speeches and well as give me support after my speeches.
Clear communication about topics discussed in class. Responses back when I was speaking.
Everybody pepped each other up before and after a speech, and were open and honest about their own fears so you didn't feel like you were going through it alone.
Being nonjudgemental and expressing their own discomfort with certain aspects of public speaking helped me feel respected and more valued as we were able to connect. All of us felt for each other.
1 eye contact 2 they listened attentively when I did my speeches
Classmates always politely listened and gave full attention. Classmates engaged in some lively discussions.
Classmates always listened politely while giving full attention. We had many lively discussions.
Working on speeches with classmates. Applause before my speech.
I think the feedback and small groups was really nice when people would tell you what you did well. Also the feedback to on what to get better on was nice.
My classmates made me feel respected, valued and heard when even when I was given an unusual opinion they not only heard me respectfully but some also changed their minds and added on the point of view
clapping, smiles
Laughter and smiles.
Group discussions that allowed me to give my own feedback and opinion
My classmates were attentive audience members and provided supportive comments after speeches.
eye contact during speech, and encouragement after speeches
Whenever I finish my speech there is always someone be like " eh, I like your speech well done!" They always give a strong clapping whenever I finish up a speech
They were respectfully listening and asked questions at the end which showed they were interested.
Motivate me for example like "you're doing good"
They were all looking at me and they weren't talking during my performances
Just seeing people actually listen to me when I spoke made me feel a hell of a lot better. Also seeing people nod or some sort of action that showed engagement made me feel better when presenting.
Everyone was respectful with others opinions and interests, positive feedback was also encouraging.
everyone listened
They spoke and seemed as nervous, stressed, or tired as I was when I was giving mine.
Definitely one would be listening intently and also asking questions after a speech.
active listening and empathy
Everyone was respectful and not afraid to voice their opinions which makes everything more engaging
The quietness was nice, but they were all muted so I'm not sure if that counts. Generally, the students were very nice and a couple of them commended my speeches which was nice.
I felt respected due to the questions people asked after my speeches and that they used parts of my speech in their speech.
n/A
I appreciated my classmates' friendliness and their willingness to engage with the speeches (such as laughing at jokes, clapping at the end, asking questions).
Friendliness, comfortable vibes, and acceptance
The break out groups and commenting on others posts
attention and clapping
no judgey looks all of them were friendly who were willing to help and give ideas
Hand gestures to explain their points Presenting their ideas and explaining it well
the honey speech Eliza gave has taught me how to identify real honey. The skincare speech Jennifer give has taught me how to identify which skin car I should use.
Having a classmate pay attention to me while speaking is a great feeling that fills me will confidence. Working in groups and having everyone get involved and value my opinion.

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
The critiques that were handed back made me feel good about my performance. Also, when they look interested in what I'm saying during my speech makes me want to keep talking.
They sat quietly. I really felt like they were paying attention to what I had to say and that made me feel good. The peer edits, for the most part, were really thoughtful. I expected it to be all of "you did good" or "it was interesting" but there was a lot of honest and helpful feedback. It was encouraging to hear the positive feedback and helpful suggestions.
When people asked questions it made let me know that they were genuinely interested in the topic I was presenting.
be a good listener and respectful
give me the feedback
absolute silence when a speaker was delivering a speech allowed a "clear floor" for the speaker -especially those that were nervous- to speak without distractions. During the early stages of writing our speeches classmates would exchange ideas for topics and format and this would help us collectively.
1. when I did my speech, they were quiet. 2. when I finished my speech, they were clapped for me.
Not taking it too seriously. Things should always be fun.
I liked knowing I had their attention by them looking at me, and I also really liked the nodding to anything that they agreed with because it reduced some way anxiety.
It's good when people laugh when you try and be funny in your speech, and when people ask questions as well
Listened and watched
Some of my classmates wrote really good peer feedback, showing me people cared about my speeches. Asking for my input during discussion makes me feel included.
Polite and Patient
feedback after speeches, audience attention
meeting everybody and getting used to them
Group discussions and group work.
My classmates were really supportive and we often helped each other in order to grab as many points as possible. They were really good audience members that really wanted to listen to other's speeches.
Smiles. Seeing smiles in the audience shows that they enjoy your presentation.
feedback and questions
1. Careful listening 2. Positive feedback
Discussions are always casual, contributing to discussions are always very nice
Smiling when I was on the stage giving a speech. Clapping/thumbs up when i was done
Active listening and verbal compliments
1. Giving constructive comments/responses to the speeches. 2. Carefully listening to the presenter.
when they value my opinions when they agree with me
Many had more experience with public speaking and it helped me see what type of preparation and practice they might be doing.
Constructive criticism and feedbacks from classmates for speeches certainly gives me an opener on what I need to improve on when it comes to presenting and giving speeches. Also, I feel valued and heard through their responses to my discussions when it comes to topics on speeches.
listening and asking
Listening and asking
They were friendly and supportive; they greeted me, and I appreciated their questions as they showed their interest in my speeches.
Just giving your point of view on a subject makes you feel heard as well as, peer review.
Paying attention and asking question
Asking questions at the end of a speech, group discussions
Having to give feedback to others after posting speeches was really helpful to get feedback from others and not just the professor. Doing peer review also helped me feel valued because I felt the other students were truthful in their reviews.
I feel like they are good listeners and they are active in participating such as asking questions after the speech.

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
giving supportive feedbacks
I like that students ask many questions about my topic presentation. it mean to me that they listened to my speech and it made me feel really good. also, i appreciate when the students come to listen to my presentation even though some of them already did their presentation few days before me or didn't start their presentation few days ahead. yet, they are here.
1) The friendly comments and suggestions to my speeches and posts. 2) I never speak during live meetings, but only use chat messages. I appreciate that people read and respond to my messages during meetings.
I think the comments and questions left by classmates on discussions and speeches helped make it feel like everyone was a part of the class. Also, everyone being respectful when commenting on the speeches and discussions made the class have a good atmosphere.
1. they are actually very respectful. 2. their feedbacks on my speech is or my point of view are very helpful and valued.
After my info speech, some of my classmates sent me compliments about its content. Moreover, all my classmates were really friendly.
-gave helpful advice -wasn't judgemental
People encouraged and gave me constructive comments even if I feel I did a bad job. There are always somebody like my ideas.
1. The professor is really approachable and gives good feedback that helps one improve their public speaking skills. 2. I think the activities helped me become comfortable when discussing uncomfortable topics.
Positive comments and constructive feedback from peers
No one interrupted each other and everyone respected each other's opinions.
When the classmates watched the video and give good feedback. The second thing is that when we were in a discussion they are very respectful.
sharing, respect
When I received my peers' response for my online activities and my team mate give my opinion the responsive consideration, I feel respected, valued and heard.
Classmates always gave me positive feedback and useful suggestions. Attentively listened to me in the in-class discussion
smile/hand clap
Applauses and communications
pan audience and constructive criticism
When people leave me positive comments in motivates me and when people give me gentle criticism.
When someone told me that my Tiktok made them actually laugh made me feel good. Also I was happy that some of my classmates shared the same values as me and liked what I had to say about honesty.
The responses from my peers were critiques rather than criticisms which I admired. My classmates showed respect by putting forth the effort to listen and respond with substance which I've seen a lack of in other classes.
The feedback given to my informative speech as well as the sell it! assignment was very constructive and detailed, showing that my classmates took the time to thoroughly analyze my work.
1. Talking to me in group discussion and giving me some of their feedback. 2. Clapping when you are going to present and ending your soeech.
I feel like one thing that my peers did that made me feel respected was whenever I spoke, everyone was there just to listen. Another thing that my peers did to make me feel valued was that there were many time I had thoughts that I thought I was alone on, but many others had the same thoughts just like me.
supportive clapping at the beginning of the speech and listening quietly during the speech was pretty nice
Listening, Giving feedback.
The moment my classmates responded to my discussion posts (e.g. "Dinner Party" discussion) and complemented by speech, I felt as if I was being valued and heard because not only people had agreed with me, they also shared their opinion in regards to my thoughts.
My classmates help me while we in breakout room The class participated in the activity in one of my speech
My classmates were very respectful. I could tell they genuinely cared about what I had to say and put in the effort to give a full response in any discussions. We all were positive when giving critiques as well.

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
everyone seemed to be paying attention without being too intense/staring at me while speaking; everyone was very polite and tactful with questions they had, nobody interrupted or was rude, and instead people seemed to be positive, open-minded and active listeners
Talking more. More relaxed.
Their comments in my speeches or responses in the discussion, their are very polite when they disagree with me.
Clapping and discussion
My classmates had always respected me when I was giving my speech. I could engage in good conversations with my classmates in the breakout groups.
Before we started a speech we would do a round of applause and that just made me feel like I was valued and respected enough to give my speech. For the last 2 speeches we asked questions after we were done giving our speech and that just made me feel respected in a way that it showed who was paying attention while I was giving my speech.
Their positive comments and compliments.
My classmates made comments on my speeches that helped me gain confidence.
Attentively listen to me and provide useful advice.
Commenting
nonjudgmental and open minded
I love how my classmates were able to tell me all the good things I did but also the things I should work on in a very nice way! I also loved the peer review because I loved hearing their input in detail!
My classmates are very polite during group conversations and very engaging when the right topics are presented.
I really enjoyed all the people in this class for trying hard and being really nice to each other. There was a lot or respect between everyone and I really thought that it was a great community because so. A lot of classmates were very open to who they were and I also appreciated that a lot. I've learned so many things about everyone!
my classmates were very polite and engaging when the right topic is discussed during group meetings.
I appreciated the nice and constructive feedback we got for each of our projects.
1. the attention 2. constructive feedback
They commented on my videos positively The mentioned my weaknesses in peer review politely.
when people comment on my speech. when people choose to write their review on me means more for me to learn.
I really valued their criticism. Their criticism was not rude, it was very helpful and friendly.
- Responded with very thoughtful opinions that assured me they had actually taken the time to consider my posts - Asked me very insightful questions on my speeches
Firstly, I was glad that some of my discussion posts were replied by my peers. Secondly, I'm glad that I was able to do some discussions with my classmates after every speech. It has really helped me improved my public communication skills.
One thing is there positive feedback and the other is being able to learn from watching others speak
I really appreciated how respectful people were in responding to a speech seriously and I also liked how in breakout rooms people would try and let everyone speak and it felt more inclusive.
The comments that were left on my speeches and Engagements as well as the peer letters that I received helped me to feel very accepted and validated in my public speaking skills. Everyone was also very invested in the class and enthusiastic which encouraged me to do the same and really focus my efforts on improving my speech abilities which is something I've always needed as I have stage fright.
Getting positive feedback, and being able to debate topics in a healthy way.
Eye contact and staying silent while listening.
motivation comments and sweet comments
They asked questions after my speech, they were listening. They were engaged in group discussions.
Everyone's comments and likes were very positive and encouraging.
feedback positiveness
My classmates gave a contributed feedback My classmates do not judge my topic or my accent.
They were very supportive and very responsive and honest.

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
Before we start our speech or begin our speech depending on the day we give our speech, we would type in the chat where everyone can see, good luck or don't worry, you'll do great. Another behavior is how my classmates would give back positive feedback like how well everyone gave their speech or everyone did great.
When I talk to them, they look at me (actually the screen) and showed nonverbal languages like nodding their heads or smiling. Or when I finish my speech, they give the thumb up symbol.
positive feedback as well as getting a chance of being listened to by my classmates
Supportive comments in discussions and speech posts as well as asking relevant questions to my assignments which make my speech/discussions feel like they matter.
Great
thoughtful and deeply thinking
1. Classmates are nice and friendly 2. I won't be cut in when I am talking
- Made sure that they focused on the positives of my speech when giving feedback - kindly reminded me of things I missed in speeches/drafts
thoughtful and responsible
I am not sure due to the social distancing practices. I appreciate that my classmates tried their best to present even if they are or were apprehensive about speeches and public speaking and I always appreciate how open they were in the discussion boards.
Whenever there is a group discussion or a peer critique they always compliment/appreciate what a good job you did and they always have something positive to include. Also they make you feel included and listen to what you have to say.
critiques and discussions
The discussion posts really helped see different perspectives, along with seeing that other people feel the same way about public speaking.
I liked the reviews my classmates gave to me on my speeches. It let me know what I did right as well as what I need to focus on improving.
My peers were really supportive of one another. They also all had really good topics and speeches.
I appreciated how we were required to respond to each other's posts. It made me get to know my classmates a little more and it was nice hearing other people's feedback. Most of the time they had something nice to say. I especially loved how my professor always responded to everyone's posts each week with such kind and uplifting words. It was obvious she cared deeply for her students and that helped build a strong relationship even though we were online this quarter.
seeing them do speeches themselves; answering my questions
Whenever I would be speaking or giving my speech, everyone's attention would be towards me so I know they are listening. As well as seeing people react physically/emotionally to some words showed their interest in the subject.
The first thing was when I made a joke or said something funny, my classmates would actually laugh and show the respect of listening to every detail. Secondly, if a peer wanted to know something more or begin a conversation they wouldn't hold back from reaching out and really showed the kindness of making a new friend.
they listen to my speech. kept their camera on for eye contact
Two behaviors that helped me feel respected, valued, and heard was during my zoom meetings with my group. Whenever, I stated my opinion, my group always listened to me. Another example was during the breakout room sessions with new faces. I felt respected and heard every time I asked a question or stated my opinion.
1. Eye contact during speeches/when talking 2. Having speeches ready the day they're due
I liked that my peers were attentive and were kind and constructive in their feedback.
The interacts with the students and teacher. The students interacting with each other.
1. More than half the class would always have their cameras off so honestly when it came to group presentation I was glad I had more than 1 classmate reach out to me. 2. Since more than half the class had their cameras off honestly I couldn't care less about feeling respected or valued because I didn't really care for many of their opinions as I barely knew they existed. (no offense)
They all listened and respected other's opinions and everyone was kind.
My classmates commented on my speech outline and made me feel like I did a good job when I thought I did terrible at the time. One of my classmates also private-messaged me on Zoom to tell me that I did good, and that helped to calm my nerves and feel respected.
they often mute themselves when it's my turn to talk and they ask my opinions during breakout room discussions.

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
I felt respected, valued, and heard when my classmates respond to my posts and when I could see that they're listening to me while I deliver my speeches.
Before each speech, Karl asks us if we are ready and if we need help with timing. This makes me feel that we are being followed. In the same way, the questions from classmates in the questioning section also let me know that they are indeed listening to my speech, even if I perform poorly.
Two behavior were being listened and I could tell that they were listening and not distracted.
-Receiving feedback; both positive and negative as I can be more aware of what to improve on. -Classmates responding to my questions so I could receive better clarity on any inquiry I might have had.
The feedback my classmates would give me and (my other peers) was really helpful since we would always tell each other that we're taking this class to improve our speech and communication skills. Another one was the reassuring words we would share with each other when someone was struggling with their speech prep, it was helpful to see that they weren't bored or laughing at the ones who were struggling, they were reassuring those classmates.
Everyone being uplifting and Giving respectful advice.
Clapped when I was done, and did not talk while I was presenting
After my satire speech, one of my classmates mentioned how she thought my speech was delightful. Another time would be when I would speak my classmates always had their zoom on mute.
Silence, and Respect
The feedback that my peers give me to become better and just being open ears to hear my point of view.
After the major speeches, the students would do a little clap or thumbs up the screen on zoom which made me feel heard.
Keeping muted as not to disturb the class and keeping their cameras on to seem as if it is a normal class room.
Um, none but at the end of the speeches, they clap for all classmates.
I appreciated my classmates turning on their cameras when presenting and how the class can be so energetic during lectures.
My classmates respect other people's views.
Their attention and nodding along to my speech
Being acknowledged through the camera or through text has really helped me feel valued in the class.
Being acknowledged through the camera or through the chat box has helped me feel valued by my classmates.
Applauding after giving a speech and the encouragement that people give one another when people are beginning their speeches
No one discredited anyone's beliefs and respected everyone's point of view
My classmates were quite attentive. Although eyes were on me, I couldn't help but feel like I was heard. Their body language was also incredibly good as well.
One guy said good luck to me before a speech so that helped. Also some gave me feedback or agreed with what I said.
When my classmates smile and watch to me during my speech, I feel respected.
The first action would be always including me in conversation and getting everyone's opinion before we proceeded. The second action is one of my group mate always offered to help out if anyone needed it.
When after a presentation we would have to evaluate each other because although they mentioned the parts I could improve on. They also highlighted the parts I did correctly during a presentation. I think group work was really needed and I really liked the group presentation because it made us interact.
they were texting to help or remind about class or things to do.
My group members always acknowledged everyones opinions which made us feel more comfortable to work with each other. We also always acknowledged everyones schedule, so we always made it work for everyone.
The classmates that actually had their cameras on during the speeches and when I see them clap at the end of my speeches.
eye contact and asking questions
Clapping at the end of speeches and paying attention to what I'm saying.
They're very respectful and let you have your turn to talk. Also, they're open minded and share their opinions.
its different online, hated not having immediate feedback and not being able to interact with the audience

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
They watched me and smiled to me when I did the speech.
My classmates calling me by my name and being extremely respectful made me feel like a valuable contributor to discussions. Classmates also mentioning an idea they liked from me also made me feel valued.
After my second speech, I was asked a couple questions by my classmates which signified that they were paying close attention to my speech. Almost all of the screens were showing the faces of my classmates and they rarely if ever showed anything but interest and attentiveness which always made me feel like I wasn't wasting their time.
they are paying attention to me while i am giving a speech. they nod their heads when i am giving a speech.
Honestly, I really liked when I would say something and then someone would respond to me because it made me feel like I wasn't just talking to a screen. During group activities, I feel like everyone was just so friendly and actually really, really encouraging.
I really enjoyed how my classmates would ask questions and would put their full attention on whoever the speaker was. I felt very respected by each and every one of them and was glad to be apart of the class.
Some of my classmates consider of whether I participate in a debate or not. If I did not participate in the discussion, they ask me a question that encourages me.
Everyone maintaining eye contact having their screens activated. I also appreciated their feed back and questions after speeches since it lets me know that they were paying attention.
Make you laugh, compliment the speech you talk about.
The way everyone respected each other when someone was talking.
Group communication & respect
I saw others paying attention to what I had to say when I spoke and also gave feedback or responded with their own ideas
the class never interrupted people and were generally understanding of other people's situations. classmates were open about themselves
They listened and gave helpful feedback
We did a few discussions where we all participated in having an opinion, or talked about something very vulnerable and everyone was very supportive and respectfule of each other.
One action performed by my classmates which helped me to feel respected, valued, and heard in my communication class community was them clapping for me after I was done giving a speech. Another behavior was that when we were in breakout rooms having to discuss things they were very respectful and kind and open to everyone's thoughts.
They listened to me when I'm talking and that they give me some advises
I thought the class did a very well job with listening to everyones speeches and showing respect
look at the screen, didn't break in the conversation.
Feedback, no criticism
1. Giving positive feedback 2. Considering my ideas in group discussions
A behavior by my classmates that helped was being able to see then laugh or smile during certain portions of my speech, even though they were muted and there was no verbal response. Another behavior that helped was being able to do the open class discussions. These helped me open yo to the class and made it easier to feel respected and open for discourse.
the questions my peers asked about my speeches made me feel really good because it felt like my speech was interesting enough to not only pay attention to but created some intrigue. During small group time, I would get compliments on my speeches and that also made me feel really good!
The feedback that was given after each of our assignments helped but at the same time, they were delivered in a kind way that doesn't make feel bad. When in group discussions, people offer what they have to say in a gentle way and offers a comfortable environment.
1. My classmates were always kind and understanding, I NEVER felt judged or embarrassed for messing up during speeches. 2. Everyone was encouraging and positive, and I felt comfortable to share all my thoughts and also ask any questions that I had.
- seeing classmates react to the speech with smiling or nodding made me feel a lot more comfortable - having classmates keep their mic muted and not doing anything distracted helped with me staying focused
they are wordingt their advice nicely and avoid speaking while I'm presenting

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
When they gave comments after my speech, they told me where I did great and give me positive advice but not directly told you are bad.
The questions they would ask afterwards and the comments made on my speech
Classmates clapped after I gave speech. Classmates asked questions after I gave my speech.
What I feel respected towards my classmates was that whenever they gave their speeches, they tried at their very best to deliver their speech even under these circumstances we're having this year. Also, I valued on how the actions given by the classmates from their speeches as they had interesting topics to talk about.
they listened and they responded
When we were in breakout rooms we usually had just really nice and insightful conversations which was nice.
seeing them listening and invested into the speech and not being rude when presenting
They reassured me that I wasn't alone in being nervous when presenting and that my speeches weren't as bad as I made them out to be.
Active listener and they provide great feedback when I am voicing out what I think
My classmates turned on their cameras and it appeared as if they were in the same space as me and listening to what I am saying. They also have their mics muted so that they don't interrupt whenever someone is speaking.
My peers who would pay attention to my speeches and pushed me to continue my speech when I froze up.
I feel respected and hearing good thoughts about them.
- we were always able to express our opinions - NO ONE JUDGED! :)
-not moving a lot or making too many gestures while I give my speech -they don't sound nervous while giving their speeches, which makes me feel at ease while giving mine.
I have built more confidence and use good nonverbal language.
When they're present and listening, and when they ask questions.
They tell me what to do since I was overseas, and I didn't feel any difficulties working with them since they give me a clear process for me to follow which allow me to catch up on their current progress.
Being addressed directly after giving a speech as well as the peer reviews that we did.
There were some classmates who took charge of the group while in the breakout, they would ask questions and really try to include everyone.
Classmates would listen/give me the stage when it was my turn to talk. They would respond with respect and thoughtful suggestions
they listen attentively to my speech and ask questions that are relevant to my speech
When classmates had engaging questions for me after my speech, I felt heard and respected, as well as when their screens were on.
when classmates smile
1. Them asking me what I thought when it came to certain situations 2. Them letting me know no idea is a bad idea
Many of my classmates were very kind and even understanding of what was said and talked about from each presenter.
They listen to my opinion and do not interrupt, they ask questions that I regarded as constructive and helpful.
I always love that we give each other feedback. I value the effort in what my peers have to say about my speech and what to improve on. Another behavior is their engagement. I know that some of us do not want to at times due to awkward tensions but the fact that we are able to come together to present is very nice.
respect one to another, paying attention to your speech
My classmates gave me feedback and follow-up questions
I like that others ask me question when I finish. Also, If they turn their camera on, I will feel being respected.
The peer evaluations were really helpful. They gave me advice on what I could improve on and complimented me on things that I did well on. Another thing was the discussions. Replying back to my discussion gave me a lot of really helpful feedback for speeches.
I loved all of our personal discussions that allowed me to express my individuality. I also enjoyed working so closely with a group of likeminded students in a safe place where we could help one another.
Respectfulness, focused, and paying attention.
Asking questions, brainstorming ideas for each others' speeches

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
Using my name when calling me. Including me in conversations.
The response such as thump-up or clap their hands. The comments on the chatbox.
Turn the camera on. Their reaction or response after the speech. Their non-verbal expression such as smiles. Their comments in the chatbox.
Nice and kind classmates. Kind responses after speeches or discussions. Always in-time in team speech.
1. My group always took each other's feelings and thoughts into consideration. 2. My group was always there to help me when I was confused
Them replying and/or continuing to talk about an idea or opinion I expressed. Body language that showed they were listening and understanding.
I think some classmates taught me about culture in their country which I felt very interesting. I like the way they response to my question when I ask question about my speech.
listening and support
The peer responses were nice. It was very supportive. Also when people took
I felt respected when I heard people making feedback to me because that means that they actually listened to me. Another thing is I felt respected when they would comment on my posts in group discussions.
everybody is so participative, and they always seek clear information if they do not quite understand, and listen to each other's ideas.
After speech #3 in this class, me and a few of my classmates were placed in a breakout room to discuss how we thought the other people had done. The positive attitude towards other people and their speeches in that breakout room helped me feel valued in this class. When my speech was specifically mentioned, I felt heard in the class, because it showed that people were genuinely paying attention to my speech.
Their attentiveness and their participation whenever there was an interactive portion of the speech that I allowed them to engage with
When they texted and communicated to get work done. Another was checking up on the entire group to see if everyone was good.
I will get applaud when I finish my speech, and They speak slower, which makes me understand better
Classmates reaching out to me to work together on assignments and classmates giving feedback/compliments after my speeches made me feel welcomed in our communication class.
Seeing my peers react to my speeches and seeing their facial expressions made me realize that I am being heard and respected. In addition, when working with our group project I definitely felt a sense of community and comfort. I was not shy at all because I felt included.
The environment was welcoming and professional, nobody was interrupting and it was easy to deliver the speeches in this class environment.
Everyone was very supportive. They asked great questions at the end of my speech and I felt like I knew my classmates by the end of the class. It was a really supportive, relaxed and fun environment.
the cooperation during the group speech and the attentiveness during speeches
1. When they asked me questions. 2. When they were polite and respectful.
The chat box during class was always an excellent way to show eachother appreciation. As well as working with Owen, our conversations were very productive because we both gave each other time to express our thoughts.
I feel that the follow-up questions from my classmates were very helpful for me to recognize that people were listening to what I had to say. I also believe the group project made me feel listened to because all of the ideas I proposed either were incorporated into the presentation or a version of it combined with another idea was used.
Everyone was respectful and listened while I was giving my speech. Also, they asked questions after my speech, so I know they were listening.
open minded & very respectful to other people's ideas.
they opened thier video they always try to answer the questions
Listening, staying quiet during speech time
None
1. Appreciated oral and written feedback by classmates. 2. Required to use Zoom video and maintain engagement
Discussion replies and the personal peer reviews after each speech helped me the most.

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
When they muted themselves to allow my voice to be heard. also when they gave feedback.
They muted themselves while I spoke and gave me feedback which helped a lot.
I like the feedback I get from my peers as well as feedback from my professor helps me improve on my skills in a positive way.
Seeing them and not having their videos muted during speeches helped a lot and reading their responses to discussion posts also made me feel valued.
My group mates respected what I said and liked my ideas. We were all very encouraging with each other and helped each other out when needed.
What really helped me were the feedback given after every single speech and also by careful observation of my peers also.
No one ever commented on anyones speeches. Everyone was respectful during the speeches and participated with questions.
Listening and clapping
It helps when my peers guide the conversation and express their opinions towards a topic so that I can agree and disagree. I also feel respected when they give applause or let me know they understand and heard my speech.
-the hand shaking everyone does after finishing a speech -commenting during or after I present. It shows me that I was able to motivate people to engage.
applause asking questions
Listening and making me feel comfortable.
1. peer evaluations 2. after each speech they would clap
n/a
My group mates support and comments from the discussions post shows that peers are paying attention to what I have to say. Some responding to my comments also helped me feel valued as they are actually taking the time to go back to read who had commented on their post.
1. Most classmates remain in the meeting even sometimes it is overtime but there are some classmates are presenting. 2. Most classmates are nice and willing to discuss during meeting.
My classmates would ask if how I felt after a speech during our feedback sessions. Another behavior that helped me feel heard was when some people would clap after I presented.
Classmates were attentive during the zoom calls and refrained from disrupting the speaker.
During breakout groups, people were very positive and respectful. In our peer responses, people weren't afraid of giving constructive criticism.
I liked that my peers were able to point out specific parts of my speech and communicated to show that my opinions were valued.
They gave positive feedback even though I felt very negative about my speeches. They were engaged with my speech and it give me some sense of comfort knowing that they were actually listening.
When people gave me feedback. And when people stayed quiet while I spoke.
Speak slowly and eye contact.
One behavior that helped me a ton was when people shook their heads. This helped me feel very acknowledged and more calm because overall I felt respected. Another thing was when classmates would smile at me because this helped me feel comforted and relieved in the end.
1) Watching my whole speech through makes me feel very respected and valued. 2) Clapping at the end makes me feel like they noticed when I was done speaking.
my classmates are patient and they listen to me without interruption
They would actively listen and would seem interested in the speeches
1. they were engaged, with their cameras on I could see them watching me talk 2. I saw them react while they watched me talk and "clapped" at the end of my speech.
The responses I received from other group members really boosted my confidence. A classmate emailed asking if I can proofread his work which was cool because I wasn't very confident in this class as I'm not a Communications major. I also felt that I got the most amount of feedback from this class compared to any other class. I got a lot of feedback from my group, classmates, and teacher on how to improve which helped me perform better.

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
1. My group members always made sure everyone was involved. 2. We all were open to others opinions in the group.
The people who left comments to my response and the weekly zoom meetings
During our online zoom speeches, my classmates gave me their undivided attention, clapped, and showed interest by asking questions.
One behavior that helped me be respected was how my classmates respected each other's views. Even though some of my classmates and I had different views on certain ideas, my classmates were able to respect my views. Another behavior that helped me feel valued was how classmates were kind and polite to me. When my classmates and I were in group discussion they always asked my opinion and let me express my ideas.
Motivation and FaceTimes
I felt respected when I received positive affirmation from my peers, like people supporting me or agreeing with me. I felt heard when people answered the questions I asked them.
Practicing and Connecting
Interest/Enthusiasm. After a speech on photography, a classmate approached me and complimented my content. He seemed interested to the point that he wanted to hear more of what I had to say and it felt good to be validated. To know that my speech was heard and appreciated.
paying attention and asking questions
I think the group discussions helped. My classmates were kind and gave valid critiques. They were always specific on what needed improvement.
When they ask questions or they can relate to the topic.
Positive comments and appraisal.
i enjoyed that some people actually participated in video, and i enjoyed real constructive criticism
They would ask me questions at the end of my speech and would really engage with me during discussions.
Positive comments and getting help when needed.
When we talked in breakout groups When other students were vulnerable in their speeches
Friendly, and open-minded but funny as well
They had their mics off and they had their screens on and were attentive
Stand up while delivering the speech. Talk about personal experiences.
They listened to my ideas, and helped me when i needed the help.
they had their mics turned off when i will speak and they had their cameras on so that i can see them
- I like it when I get constructive criticism or even just compliments about my speech because it can help me figure out what I'm doing well and what I need to do better. - I also like when a classmate can follow up on my speech during a breakout room and connect with me on the subject.
It is difficult to say because our class was online, and I couldn't see much of people's reactions through their small screens. But everyone seemed to be respectful and listening to what I had to say.
- I like it when the classmates gave good feedback on our facilitations and good constructive criticism. - Also when we were in breakout rooms, we always had great conversations or disussions about school topics.
hearing honest feedback after speeches, as well as having discussions helped me achieve those feelings
One would be the constant communication and help I received from my group via text messaging and zoom meetings and another would be that I received feedback from my group members on my work.
After my speech, some of my classmates would message me on the zoom chat to tell me that I did a good job on my speech. A few of my classmates and I would agree to present on the same day so that we would be there to watch each other's speech as like moral support.
knowing I'm not the only whom struggles with communication.
listening and responding to my questions.
All of my classmates always listened and have giving me feedback to better myself on the next assignments. Also when presenting they have aplaude.
They listen and they don't turn off their cameras. They give me peer response as well as verbal response during our group sessions.
When listening to my speech and remembering my speech

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
My group were really checking on everyone making sure we were all good so I felt valued. Everything that we shared kept among us as we share personal
listening, constructive feedback
zoom meetings, breakout discussions
I liked how my classmates paid attention despite the difficulties of doing so through a Zoom screen. I also liked how each person tried to take into consideration the order of when people speak (making sure no one else is talking before they do so themselves).
Actions such as giving me feedback, both positive and negative, by my classmates helped me feel respected and valued. Also, people were very respectful during my presentations. It was helpful when people replied to my discussions and further discussed ideas.
I liked how within my team, everyone would have their own input and make decisions together. I also liked how we would go into break rooms, giving each person a chance to speak to other individuals as opposed to the whole class.
1.classmates actively listening to my speeches and when I am talking instead of having their cameras off or doing something else at the time 2. They presented very appropriate topics that are important today and not offensive.
everyone was talktive and nice
It was nice to hear the good parts of my speech and that I wasn't doing as bad as I thought I was. I also actually looked forward to hearing the constructive criticism.
A behavior that made me feel respected was how my classmates would wait for their turn to speak, and another was the respectful and useful responses that they had for me.
active listening, and sending me a good job message after I present.
To give some advises and to listen my presentation
Active listening, and pay full attention to our speeches.
It was hard to see certain behaviors or actions over Zoom.
The fact that my classmates could and made questions for me about my speech made me feel respected and much better with my speech.
They gave me good criticism on improving. They were nice
- everyone said good job - everyone praised each other.
The feedback i got for my Advocacy speech really made me feel good about the topic that i chose.
People would be respectful during presentations and everyone was also respectful of others opinions.
There was genuine questions that were being asked as well as genuine remarks and compliments that people gave during my speeches.
Most action that I felt valued was confidence. People who is confident have good eye contact and speak slowly that we can understand. The other one was everyone's behavior when I'm presenting. Everyone was listening to my presentation carefully, so I feel so comfortable. If everyone was careless, I would be so nervous and felt fear.
I like the direct peer review and how they seemed to always listen.
When I am giving a speech everyone is participating. After giving a speech my classmate asked me few questions
Well the 2 behaviors and actions performed were Eye contact during the zoom meetings another is cooperation of hearing my perspective on the relation with the topic given and it's shows classmates were respectful when I spoke on my part.
-Applause before and after my speeches -Make questions for my speeches -Keep silence when I do my speeches
Inclusion was a big thing in this class. Everyone felt a need to keep everyone included and thats how we built community. Discussions were always active and made speaking up very comfortable.
listen to me while i give a speech and ask me many questions at end of presentation.
After and Before giving a speech the class would applaud and that just made me feel that the class was interested in what I would be saying in my speech. Another thing would be asking questions after we were done giving a speech.
When you forget a word from your speech and my classmate, understand the struggle—giving you great feedback after my speech.
Professor Kaur was very reasonable and not harsh when one of my speeches were not very good, so I felt respected. All the feedback in during speeches and discussions regarding speech topics, among other things, made my opinions and thoughts feel valued.

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
The questioned asked to me after a couple of speeches made me feel more motivated because it made it seem like they were engaged. I also felt respected when my peers congratulated me after making a speech.
Hard to describe given an online class. I definitely felt like we were all equally uncomfortable and everyone gave good feedback.
Breakout room discussion My classmates participated in an activity in my speech
Active listening and asking questions helped me feel those three factors.
Listening to me and making comments on what I gave a speech on when I was done
Participation and listening
claps and feedback
Although it was nerve-wracking, having my fellow peers stay focus and listening to my entire speech made me feel more respected in my communication class.
They gave some better points of speech and did an example for me.
I felt respected when my classmates answered questions and gave feedback when I was done presenting. I was grateful with the lack of distracting gestures.
One was that all ears and eyes were on me and I had all their attention on me while I was in action and another one was that others would mess up while performing not just me .
Being asked questions about what I just presented, and them having enjoyed what I said.
they looked at me as I spoke, and were ready to comment later. They encouraged and suggested in my outline before I gave the speech.
I always felt supported and never judged. I loved the feedback that my classmates and professor gave me, it made me feel more comforted after such an anxiety filled speech.
Everyone respect the expression of each other and paid attention to whoever what's talking.
- having normal conversations during class - showing emotions towards each other (smiling, laughing, etc)
I love the peer responses after the speech and also the messaging of emailing the repossess to each other. My favorite was the last flipgrid where you could shout out people. It is nice knowing that people remember things from your speeches and like it. It helped me feel a lot better and confident.
All of them
They stopped talking when noticing I was quiet and asked for my input. They would ask me for information when it came to my portion of the project which kept me accountable.
When being given feedback, most of the time my classmates referred to notes they took of my speech to give me that feedback. This always made me feel that they listened to my speech and was able to interpret it in their own way. Another was during the weekly discussion boards. Having someone to respond to my post allowed me to feel like my post actually mattered.
1. The way that they reacted and valued my input on our group assignment 2. Responding back to my messages in a timely manner.
When people would ask questions after my presentation it helped me feel valued since they listened to my speech.
I enjoyed when some people asked questions about my speech because I knew they were listening. People being on there's screens should me I had there attention.
Nodding and smiling
Classmates were very nice and gave good feedback on speeches and discussions. They also pay attention during speeches, so it doesn't feel like you're talking to a wall.
On video, every one was attentive focused on my speeches. In the discussions, all the comments were constructive and positive.
Whenever I participate in the meeting session of speech, there are some students who always give very deep and great feedback to other speakers. From their saying, I could learn more about the critics and catch many ideas. Also, I liked the long and considerable feedback from peers on the Discussion topics each weeks.
Getting feedback from my peers and splitting up into groups to talk about the speeches.
giving comment in both negative and positive side listen the feedback
When they commented on my stuff, and said nice things

Question: 27. Describe at least 2 behaviors and/or actions performed by your classmates which helped you to feel respected, valued, and heard in your communication class community.

Response
One action was how my classmates always started off with a really nice positive compliment of what I did a great job on. Another one was how my classmates smiled and clearly showed a happy facial expression as well as gave eye contact. These definitely helped me feel respected, valued, and heard.
I would say that it was receiving encouraging feedback, sometimes privately. The other was that my classmates did not make my age an issue.
My peers didn't talk or make noises during my speech and my peers were not on their phones while presented.
Listening attentively, positive feedback
Many of the students were quiet and attentive and not one person made any negative comments.
They asked me if I had anything else to add. They would let me finish talking instead of butting in.
They gave great feedback both positive and constructive that was very helpful.
Everyone really was super supportive Everyone wanted to talk about things I said. It made me feel appreciated.
The peer reviews and how they gave good and bad feedback. Also when talking we were given full attention.
none
The constructive feedback was helpful especially when they would give suggestions.
Instead of pointing out the negative sides, they tried to find positive things. In a discussion form, each time I got a comment from other classmates, they explained how I can improve the content.
Sharing stories about each other.
Affirmations in the chat box like "u did good" etc
clap nodding comment form member
listening and respectful
I liked having the chat going on during Zoom meetings and discussions because I was able to get a feel for my classmates which made me want to come out of my shell more.
Clap Nodding Asking question Comments
During our groups speech assignment I felt respect from my classmates because we always wanted to help each others in order to improve ourselves so that we were listening to each others ideas and thoughts. That made me feel that they have the respect for me.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
Have not completed course.
She's a great communicator and knows how to make people feel comfortable.
I felt very comfortable when the Professor did his speech before us. I also enjoyed the informative speech, I loved getting to know new information.
Group activities Giving the news and let the class discuss about it
The demonstration and informative speeches were when I was able to express myself most as an individual.
The instructor encourages me and students to open up with confidence on speeches, and he even gave a speech before us to help us. He also comments or give feedback on students who share something about themselves during discussion or speech.
Open to many mediums of discussion. Provided phone number to discuss issues as they arise in my hectic full-time work schedule.
The informative speech as well as the opening greeting where he asks us about any cool news.
Professor Karl allows us to discuss in group and then calls upon one of us to to share an idea, despite the idea being good or bad, he never calls us out or dismisses our ideas. During his lecture notes, professor Karl has helpful tips and explains the struggle and fear of public speaking. Listening to his tips and facts makes me feel like I'm not the only one who struggles with public speaking.
I enjoyed the performance speech because it took me out of my comfort zone and presented itself as a challenge. Lastly, most of the ice breakers were fun and made us relax before class or speeches.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
Discussion #5 CRAAP and Peer review response made me learn and feel inclusive because it requires to put my new skills to the test and help other classmates.
personal narrative and persuasive speech
When we first began the class, we were in a big circle and the instructor made statements and we would step in if they applied to us. The instructor also was available to help during office hours and gave me great feedback on how I could improve.
group activities or class activities as a whole, i think that this allowed the students to feel more comfortable with one another. I think the speeches and the feedback the teacher gave the students, made them learn a lot more about themselves as individuals and communication students.
The ethics discussion made me learn more about myself and what I think is ethical. Another activity we did that made me learn more about myself was the survey activity. During that activity I found out that if its asking strangers to do something menial, I have no problem with it.
Having me speak and separating us into groups
Group discussions for the informative speech and 2nd speech.
The group truths game mentioned earlier, and the opinions of each other's opinions/helpful criticism we give to each speaker.
I really liked the performance speech because it gave me the creative freedom to perform something the class would enjoy. The peer/teacher outline editing also really helped with preparing for our speeches.
I like that we are given broad topics and are able to choose our own causes or specific topics of the speeches, it seemed like a good way for some to express their ideas that they may not have before.
Explaining the outline of the speeches gave me confidence to prepare my own. The professor is someone that is always ready to answer questions
I liked that we were allowed to pick our speech topics. It made me feel like I could represent myself. I also enjoyed our extra credit "Share Your Thoughts" assignment. Being able to voice my opinion made me feel heard and included by my peers and instructor.
One of the activities my professor made us do that made my learning feel more inclusive was making us do a group speech. With this group speech , I met new people in my table that shared similar fears to public speaking which made me feel more relaxed. Another activity was when we played a game in class (telephone) which really engaged the whole class .
The show and tell assignment made me feel included because we are all learning a bit more of each other! The small activities we do each morning also really helps because it gives me a sense of my classmates interests and their personalities.
The peer review made me more inclusive as I get to discuss and review other students' ideas for the informative speech. The group presentation also made me closer with my group members as we met several times outside of class.
Even though it is not always good to be called by the professor about your paper I found it helpful when she told me how to fix my format and that my information was good.
specs made my learning feel more inclusive of who I was as an individual and dissuasion because you got to say your thought in the issue or problem that was mentioned.
persuasive and informative each person gets to present something they strongly believe
The communication goals sheet assignment and the introductions speech made me feel more inclusive of who I am.
My in-class presentation and name tag assignment.
Peer reviewing with other students and reaffirming our similar feelings, and the overall tension of the performance speech as we all had positive vibes.
I really enjoyed the random acts of kindness activity and speech because I love making others smile. Also, the fact that each speech had a very broad topic made it easy for me to interpret the assignment however I wanted and show who I am as an individual.
She gave me honest feedback on my outlines and my speeches which then pushed me to do better. She also was very inclusive and tried to get everyone involved with the conversations in class.
- Most days, we would give a very minor speech answering a question. I felt very inclusive and comfortable answering to such questions and listen to others. - Many speeches made many audience members feel involved by speaking directly to them by answering questions as well as cracking a joke or two. There was just generally a lot of funny moments throughout my class.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
The extra credit discussions were a good place to discuss insights and criticisms of the weekly readings freely. The first speech was low pressure and a good introduction to the class style, including how to use Zoom (which ended up being very useful for my other classes toward the end of the quarter)
When he asked us to do the pet peeve speech and the major informative.
Just being able to choose speeches that I like and the balance of short and long speeches I liked because it wasn't stressful the whole quarter.
group presentations made it feel easier to present to the class. presenting personal experience presentations to group members helped me open up to my group
2 speeches that made me learn more about myself as an individual were the impromptu speech because it allowed me to think on the spot, and the AHA speech because it had a lot of components like research, surveys, and analysis. They both made me think outside the box.
-random act of kindness project -group discussions about chapters from book
I love the fact that the first speech was a demonstration speech where it showcased something that I excelled at. I also like the activities in class, such as the "speed dating," where I was able to share my topic with my peers and get feedback.
Small talk before agenda, news discussions.
Being able to have small opinionated speeches, and being able to have full freedom on the speech topics
The small opinionated speeches, and freedom for speech topics make my individual learning more inclusive of who i am as an individual.
The morning activities made me reflect on my past and the final group assignment where we work as a group let me work on my teamwork skills.
My teacher would always give feedback on each assignment and speech which was really helpful. I also really like how she would give instant advice after we would give a speech while it was still fresh in her mind. She made it a very important point to provide help for every single student.
I think the job interview's presentation and all of the speeches were fundamental I could learn too much from this class. My instructor is an amazing teacher, she loves her job! She teaches you the correct things and give the better way to study! I love her class! Shagundeeep Kaur! Thanks!
There were many small speeches that we do together and what I liked was the one that had to do with something that was unique to you because that made me feel like I was able to be myself. Another activity that we did was that we did a group activity and the group would have to be themselves while acting out what we were assigned.
The demonstration speech and persuasive speech.
the impromptu speeches
Group Work And practice speeches
Telling the class to give their undivided attention to me as a speaker and giving me proper feedback when I asked.
Mindful listening. I took this lesson with me not only as for myself but also for my mentoring course this winter. I learned how to properly accommodate for myself but most importantly with those who I was helping out as a mentor.
Constant speeches
feedback and good communication
I was nervous about the topic for my informative presentation but in the end felt that I made a good choice because of the way people responded. I also appreciated the classmates in my group who, I felt, took me seriously and valued what I had to say.
I really liked that we had to answer a question at the beginning of the class sometimes. I liked to hear different thoughts, beliefs, and experiences of other people, it was really interesting and fun. I also enjoyed major presentations, because we had to do research on things that interested us and then share our thoughts and major information to the classmates
specifically calling me out and discussing current events
- impromptu speech - introduction speech and fact at the beginning of the quarter
- impromptu speech - introduction at the beginning of the quarter
One activity that was made by the instructor that made me feel more inclusive was speech #1 particularly. It was a chance for students, especially online students, to get a change to know their classmates a bit better. I also really liked how we could always choose a topic that interested us for any speech. Yes, there were certain criterias it had to fulfill, but overall, I was able to choose topics that interested me throughout this quarter.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
practice speeches and the listening activity
We had practicing on looking to a person's face and speaking something in 20 seconds. We were introducing how to analysis audiences before speaking.
yelp discussion Persuasive presentation
The group work when discussing different ways to form an argument made me feel included because my group valued my opinion. During the warm-up brain teasers, I felt like my opinion or ideas were valued and heard
The feedback that i obtained for the instructor during my last speech.
the freedom of choosing topics for major speeches and giving several different topics for the daily discussions
When he asked us if we've ever been in the situations he was discussing and his personal stories.
I really liked how the professor made us comfortable speaking in front of the class. She was so friendly to the classmates and made sure we weren't nervous when we presented.
I really liked my professor in this class and I don't think I could've had a better professor. I really like how she made the students comfortable with one another.
I think our 2 major speeches made me feel more inclusive to who I am because I am such an animal lover and it was really important to me to talk about why I thought adopting was a better option but I think overall just being able to talk about why something is so important to me is what made me feel inclusive.
Personal Experience assignment and the name tag presentation made me feel more inclusive because it helped me get to know my classmates and it let my classmates get to know me as well.
Talking at the beginning of class, general vibe of the class.
The informative speech and the visual aid speech. Also the impromptu speeches.
Allowing us to pick our own topics. When she discussed political things (racism) openly and honestly I felt that she was authentic and that she was serious about being sensitive to our differences. She encouraged us to think about how we wanted to best present our message, offering advice without judgment about how we could file complaints and use "public speaking" in our daily life.
The two speeches we've done in class, the demonstrative, and informative speech have helped me understand what kind of speech-giver I am.
I like that the visual speech we could choose anything. I though it was cool people who spoke about their cultures and brought in something to represent that. I also liked the fun topics such as "favorite childhood memory", created a really safe and positive environment.
Story of my name was a great discussion to start off with my first speech class. I was able to introduce myself and I felt more inclusive of who I am as an individual. I was also able to learn a little more about what my name means and I was able to relate to the meaning of my name which was also great sharing it with my peers. The job interview speech was also made my learning feel more inclusive of who I am as an individual because it reminded me of why and where I wanted my career.
Peeling the onion Johari Window
Speaking individually after class helped me feel more included and seen and getting to give on the spot speeches about light hearted personal things was also great for that
The discussions were very helpful and the assignments that involved the preparation of our speeches were beneficial.
our exercises, kahoot's on current events, group discussions, mini presentations
Definitely receiving feedbacks and giving us oppurtunities to be ourselves.
For the speeches, my instructor was supportive throughout the whole process and always offered helped. Also, she respected each performance and would make us reflect on our speeches afterwards which was beneficial for everyone because it was to help us improve. When the instructor would do Kahoot activities every Monday and gave personal examples during lecture, it made me feel more inclusive in the conversations/classroom setting. Great class!
I liked doing the outlines, felt like I was more prepared for the speech.
I enjoyed the topic of how our chillhood (how our parents act towards their kids) affects how we become when we get older.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
<p>the fact that our first speech was a speech of introduction was great. we got the chance to tell others about us as well as learn about our classmates in a fun and casual way. the second speech was an impromptu speech, so we did a lot of fun group work and kept it super casual. throughout the rest of the quarter the professor would refer to the students by name and mention things that were said in this speech or a comment made by this student in response to that experience. overall it was a great experience and my introduction to public speaking was such a great experience that i am now confident that if i continue the journey i will not only do just fine but i will be great at it with more learning and more opportunities.</p>
<p>Kahoot, and choosing our speech topics and really Ms. Lim approved of basically anything which means that she cares about what we have to say!</p>
<p>The group project in class that we had earlier this quarter and the informational speech made my learning feel more inclusive of who I am as an individual.</p>
<p>Whenever we did an assignment, our instructor did well to include others and spark up conversations in order for us to get comfortable with him as well as our classmates. Majority of the speeches allowed us to choose something from ourselves to showcase to others.</p>
<p>One assignment that I feel was particularly useful for me as an individual was when we had to make the survey using google forms or survey monkey. Personally, this was something I had never done and allowed me to think more creatively and analytically about the topic I chose. Secondly, I think the persuasive speech was a good opportunity to choose a topic that truly interests us and is something we are passionate about. The first formal speech on the app that I did was something I was not that interested in speaking about, which made my speech more difficult to put together. However, this last speech makes me feel more confident as this is a topic I studied at UCR and am passionate about educating others about.</p>
<p>N/a</p>
<p>Personal speech and informative speech both made me feel included because I was able to talk about my own topic using what I learned in class.</p>
<p>Complicated question</p>
<p>This survey and self reviews made me feel more inclusive. By doing these assignments, I could recall my speech and tendency</p>
<p>N/A</p>
<p>After a speech, my professor commented on the way my sources were cited nicely and she knew she was in good hands with the information I was delivering. She shared her own experience of having a fear of public speaking, so it made me not feel alone and I never felt judgement when delivering a speech. Upon entering her class, I always felt acceptance, support, kindness, and her effort to help her student improve their public speaking skills.</p>
<p>Group discusses outside. Clearly lecture and clear example to help me easy to understand.</p>
<p>The instructor is very open about how English isn't her first language, which many of the students can relate to. She does this with almost all speeches when a ESL student is having difficulties. The first flipgrid assignment was an opener for comfort.</p>
<p>Liked the warm-up activities our instructor had us do (short game, sharing, checking-in, etc.) Lessons about leadership, opening up conversations or leaving awkward conversations are skills I would definitely use in real life.</p>
<p>The assignment where we were given random words, put in a group, and had to find a way to make the words connect.</p>
<p>The assignment where we were given a random word & put in a group of people & have to make a story out of all our words. The assignment where we shared the most valuable item that we had on us.</p>
<p>Two assignments that I had that helped me feel more inclusive as a person were communication goals, this helped me see what things I struggled with and throughout the class I improved a lot in those categories. Another assignment would be the mock interview, this really gave me insight on what things I need to work on for whenever I will have to do a real interview for a job I am trying to obtain.</p>
<p>The Johari's window activity and the pet peeves.</p>
<p>The act of kindness project and the discussions at the beginning of the class made me feel more inclusive of who I am as an individual.</p>
<p>The discussions in class and the random act of kindness made me feel more inclusive of me as an individual.</p>
<p>I enjoyed the social issues speech the most because we could choose our own topic or problem to address the audience with. I like how we had a lot of freedom over our topics and it wasn't rigid and forced.</p>
<p>N/A</p>

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
Specific feedback for any/all assignments, multiple options/free choice for given assignments
Jihari window presentation in which we created an object that represented our ourselves on both the inside and outside. Also societal problem speech helped us communicate what we believed to be an issue in society and what measures we should take to fix it.
I think the circle activity made me feel inclusive as well as the facilitation feedback. It was good to hear my classmates as well as my professor's opinion on my group facilitation.
They very fist speech I gave over zoom was the most important one, and the speech I learned the most from. I was so scared and so nervous, I have never taken a public speaking class ever and I pushed it off because the thought of it gave me anxiety. After the speech I learned the ways I can change to improve my speaking, like talking much slower as well as avoiding words like aren't and just saying are not to avoid slurring and to speak clearer. As well as the Anxiety Management Plan assignment, that helped me put my anxiety in to words and to be able to try and calm myself down and relax.
2 activities that made me feel more inclusive or the nametag presentation and a informative speech on a subject I was interested in.
Letters of introduction speech and listening styles assignment
Whenever the instructor gave us insight after a speech I feel that information is very valuable, I am not in the least bit offended when we are being critiqued after a speech.
The group speech, and the Johari Window.
The mini speeches that we had to do in class helped us get a better feel on what to improve when giving a speech and having visuals also helped us in our speeches and feel included in the class.
1. The Random Act of Kindness project made me feel included as an individual since I got the chance to interact with people personally and have my ideas valued by my teammates. 2. The personal informative speech gave me the chance to freely express my interest and values individually.
Audience survey, Kahoot.
The two speech what we did in class. Our pet peeves and convincing people where to eat.
1. Speech on Indian Food 2. activity related to problems or hard times faced (don't remember the exact thing) where I explained my journey of coming here to study just by myself for first time.
My instructor is fun outgoing and doesn't make me feel nervous when speaking to her. I really like that about her. There is basically no awkwardness when she do lecture. If I would take any instructor I would take her again.
Soapbox speech and the aha speech
I think speech 2 was the one that really gave me the chance to show people what I know about cars because that's what I love to talk about, therefore, it show who I am as an individual.
I think the speech 2 really show who I am as an individual because I love cars so I was talking about cars to the class due to the passion I have for it.
The interpersonal communication presentation and speech.
The powerpoints on how to organize a speech as well as things to avoid when speaking helped a lot. The feedback was all good since I didn't realize I was doing certain things before
I guess two in mind were the speeches about our pet peeves and our choice of topic for what we wanted to advocate for to better society. They made me really think about what I believe in and encouraged me to express those thoughts to my classmates.
1. My professor did her best to work with me during sudden event changes that happened to me during the quarter and it helped me stay on track. 2. My professor was very patient with all the technical difficulties that happened during the speeches.
About your life, what we like to do
I really like speech 4 because I can know what my audience thinking during my speech and I can fix it on my final speech. Also, peer responses also help me know where I can improve more.
The random act of kindness project truly opened my eyes on what I am capable of doing, it encouraged me to be more spontaneous. The speech was the catalyst that made me realize that I can overcome the fear of speaking in front of the class.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
My favorite as I mentioned before was the performance speech since I got to try my hand at stand-up comedy even though I bombed. My other favorite was the AHA speech since I got to talk about manga I really love talking about interesting stories.
Formal speeches which allowed us to talk about about subjects we choose
the Johari speech, talk a bit about your self at the begining speech
It was a wonderful experience being able to talk about our own interests and in my case, being able to talk about cooking steaks and esports felt nice because I was genuinely interested in those topics and talking about them to my class felt very nice.
Informative speech and demonstrative because I had to convince to do specific task
khoot, and little short speeches
the short small daily speeches made me feel inclusive and class discussions helped as well
Speech 1 and Speech 2
The johari window helped me better express who I am to my classmates and the casual 2 minute speeches helped me understand the audience better which in return made me feel more comfortable during speeches.
Both informative and persuasive speech
Asking questions after my speech, having casual introduction talks before class
Choosing my own speech topics and having class discussions
The around the world we did kind of activity where we interviewed each other for our dream jobs. As well as the mental health facilitation made me feel a lot more relaxed that we as a society are opening up to stuff about mental health and not just pushing it under the rug and ignoring it.
having different questions about different things for the impromptu speeches, the show and tell speech.
Mock interview and introduction speech.
The yelp review was a fun discussion and was inclusive and the online speeches all made me feel inclusive
life hack speech and intro speech
I think that the weekly discussions made me feel more inclusive. I also think that the CRAP checklist assignment really helped me discover who I was as a speaker.
the group speech
First project, group project
Dear Abby was great answering my questions. Test really help me focus on topic we went through in class and I will use that knowledge outside of the classroom.
his speeches
The first speech because I had to introduce myself with 3 words. The johari window was really eye opening as well
group project, the johari window
I remember when my instructor put us in individual calls with our classmates to discuss our speeches for 1 minute. I thought it was very helpful.
Overall the class was great. My Instructor made me feel included in every activity.
Questions and discussions after a speech, i.e. treating us like pals. props on that one. Asking for participation, lots of people are afraid to ask themselves so giving us the chance is really cool.
Preparing for and presenting all the speeches made learning feel more inclusive of who I am because I was able to pick the topic based on my own interests and beliefs. Also, the discussions were a good way for me to share my thoughts and beliefs, especially while commenting to other student's posts.
She would look at us individually and ask questions and she would include all regardless of assignment
1. The show and tell speech 2. The informative speech with visual aids.
I thought the soapbox speech and the persuasive speech gave us the opportunity to speak about certain issues that are important to us.
The peer responses after the speeches and Self-Analysis.
The speeches where you kind of have to oper up about yourself to do and having others open up as well.
one the soapbox speech showed what people care about. and the job interview speech showed what people really want to do with their lives and shows what they really love doing.

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Response
Persuasive speech allowed me to talk about football and that is my passion, another is the discussions allowed me to understand and agree with people that I didn't think I would've agreed with before.
the very first speech and the jahari window presentations where the two who made me understand who i am as a person
I like the last two speeches where I could really express how I speak as an individual.
act of kindness, informative speech
The Soapbox speech and social issues speech were enjoyable speeches for me as they were very personable and it was something I felt passionate about doing.
I don't understand the question
The speeches were all on subjects we connected with and this made me more interested. Additionally, for the final speech, the professor used a Game of Thrones screen which I really enjoyed.
First, the speech outline part. Previously, I seldom make an outline for my speech. I used to write a speech transcript and that is it. However, making an outline is so helpful. It makes my speech has a better structure and easier to remember the points I want to make. I also really like the discussion part of this course. In the discussion, I can get an idea about how other people think. These people are my audience. I need to get into their minds to do the audience analysis in order to give a more appealing speech.
Self disclosure assignment, group activities and communication in class, and readings
introduction speech, life hack speech
My professor was straightforward and always made detailed advice and comments on each assignment so that i knew exactly what i had to work on and helped me alot to improve.
With the minor show and tell, I felt as if our options were unlimited. It allowed for us to be as expressive as possible about anything of importance to us. I decided to talk about the person I looked up to. The second major speech, by far I would say was the most impactful. Fitness has been a huge part of my life for a very long time. I was provided with the opportunity to shine light on the major issues going on in the industry, so my classmates won't make the same mistakes as me or fall victim. They will be better prepared if they decide to enroll in this industry.
My individual speech and the last group performance
Two specific assignments by the instructor that made my learning feel more inclusive would be the weekly emails, along with the extra credit assignments.
The whole quarter I experienced that I was taking a course. The syllabus was nicely structured and the professor was very active in answering the emails.
I really like the simulation activites like the monopoly and the space essential list, being able to get to know the class and talk to them causally. I also really like the first speech where again, it was more of a get to know the people and I could enjoy presenting stuff that I really like.
Soap box speech, advocacy speech, i enjoyed the opportunity to speak about whatever we are passionate about as individuals. The prompts left it very open and we're not restrictive. I also appreciated the flexibility of the class especially for those who have full time jobs which I felt was inclusive of who we are and our outside commitments.
Discussion and Response assignments Group discussions about speech during class hours.
Giving a few personal speeches, and us being able to pick our topic for the final speech.
1. The impromptu speeches will have to be one, because there are options of questions that a student can pick from and all questionst that are asked are pretty self-explanatory and easy to answer. I really like how msot of the questions are about life that everyone has either experienced or yet to experience. 2. Act of kindness speech was pretty fun to do. My professor was pretty flexible with this speech. Doing this speech or act made me realize that once in a while I should do more act of kindness to make someone's day better.
one thing is that the class felt like a conversation not just someone talking at you. another thing is that we talked about what was happening in the real world.
Our very first speech about ourselves and our informative speech made my learning more inclusive of who I am as an individual.
The speeches that made me feel inclusive was my first speech, informative speech, and my last speech where I felt more inclusive who i am as an individual.
There was a lot of personal life project that just centered around the individual. Working with a group that wanted to work was also really nice.
The introduction assignment and all the other various group activities.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
He always made me feel like I was included, and he was very humorous which made the environment seem a lot more fun.
trying to solve a problem and understanding the behaviors.
The Breakout groups were awesome The lower graded speech before the final as a breather and prep speech was appreciated
the soap box speech and the first flipgrid about our names, helped me feel more comfortable doing presentations
-Group discussions -mind trap/ latest news/activities before talking about our speech assignments.
Mr. Gainer gave us plenty of artistic freedom to explore topics that would fully interest us and keep us motivated. Both speech #3 was my favorite as well as the yelp review assignment. Both gave me all the room in the world to say what I wanted about the topics at hand.
the circle activity that is asker the question by step up inside the circle get the evaluation in group outside the room
advocacy speech(i talked about an issue that personally affects me and expressed my personal beliefs), group speech(I felt I was valued and that we made valuable connections inter-personally)
Some of the discussions and speeches made me feel valued such as the values speech and topic proposals where we get to decide what we want to talk about instead of having the same assignment.
the pet peeve speech was impromptu and felt personal which made it easier to start with, and the second speech was really hard for me but my instructor was really patient and helpful
the group assignments were fun also the first speech that was in groups was something that was unique and decreased your nervousness.
The instructor made learning inclusive by asking the class about their own personal experiences and relating it to the lesson. He also made us feel inclusive by telling about his own stories, allowing us to connect with him.
The Job interview speech and the values speech helped me share my personality and inner motives to an audience in a respectful manner.
One of the speeches assigned was our pet peeves speech, which gave me a chance to express myself and feel included. The second speech that we had that made my learning feel inclusive was the show and tell speech
Our first speech when we spoke about ourselves was a good stepping stone for someone like myself who doesn't talk in front of others much. I also enjoyed our monopoly activity!
Major speeches Minor speeches late to class speeches.
Individual speech, Final project.
Partner introduction speech and the final information speech allowing for topics of any choice.
1.The class went outside and we were in a circle and we came out of the circle depending on the answer to the question. I learned I was the only one who speaks only 1 language. 2.For my last group presentation I presented fast and my group finished early. I should have put more work into it. This shows I like to rush stuff up.
Being able to choose between the deviant/acts of random kindness speech and the oral interpretation speech. I could choose the topic that I would enjoy presenting to my class more. Just having every speech topic be our own choice, was freeing and allowed me to choose topics to speak on that I was passionate about
He was very engaged in class activities Ge usually gave us interesting topics to talk about
During the first speech when we shook out all the nervous and learning everyone names.
The first group presentation really helped since I had to meet with group mates outside of the classroom and also the teacher going in depth when it came to information from the book that I may not have understood when I read it. Once she described it in class and on the board I always got a better understanding of what we were learning
The informative and persuasive speeches allowed me to express not only facts but my opinions as well. I feel as though the class got to know me better through these speeches.
First, it will be definitely an individual speech. Through this experience, I learn what should I prepare self-speech which includes deciding the topic, content and the way to speech. And also the assignment of self-evaluation of every speech. Because it should be a self-reflection to think deeper and communicate with ourselves.
Feedback from the professor and speech outlines
We got to choose our own topics and the instructor used examples that related a lot to me.
The peer responses and small group discussions post speech made me feel most inclusive.
Eat/Don't Eat Here, and the triangle activity

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
the mini speeches and the group speeches
After speech my instructor divide us into small group so every one of us have chance to share our ideas which makes me feel more inclusive.
My speech professor let us discuss in group, and then calls upon anyone to answer questions. He also welcomes the class to raise their hands and contribute more points or contradict one another. This makes us feel like our opinions actually matter. In one of the speech, the impromptu speech specifically stands out to me and makes me feel like inclusive because it makes me realize that I am not the only student that is afraid of no-prep speeches.
the impromptus and the daily discussion about things that have been going on.
Learning about how we communicate and what methods we use when we communicate from the book.
- Constructed critique. - Nice question.
To have fun with the assignments and really feel overall comfortable.
Demonstration speech because I was able to show what I enjoyed doing, and persuasive speech because I could convince people to check out what I love.
Tongue twisters and when we would share stories in our group.
- My first speech. - Monopoly game (FUN)
individual speech and group discussion
Our long speeches and quizzes.
The flexibility for attending either morning or evening sessions is greatly appreciated. Brandon also has a very understanding nature and an approachable demeanor. His communications are quick, consistent, and well thought out if a little long winded.
I believe the first speech that was assigned allowed me to express myself, especially in a new environment with people I barely know. Another speech that made my learning feel more inclusive of who I am as an individual was the second one. It helped me visualize the core values that I appreciated in life.
We played a circle game early on where we had to step in if something applied to us. A lot of the questions got very serious at the end and showed that we're all not so different after all. As well doing a facilitation with a team that you get to know over time is super helpful of what it will be like once you enter the workforce as a college graduate.
1. Perspective speech 3. Ethos, pathos, logos
1. In my first Yang talk about people should not smoke, my instructor told me to get more eye contact. In a later speech, I found that when I made eye contact, I was very nervous, but I finally overcome this difficulty. 2. Sometimes I do n't read the instructor 's handout carefully and I lose a lot of important points. I think I need to be more careful to complete my homework.
To be honest, every single presentation assignment made me feel more inclusive. I've never done this kind of activity so intensively before. I figured that I've got better.
the different forms of communication and the pet peeves activity
My final two speeches, the persuasive and informative speech. It made me think of what I enjoy and what many of my friends enjoy
The mock interview and introduction "speech" with the 3 word intro
The name tag assignment and the informative speech both gave me a boost to feel close and included in the class!
1) Having a phone number we can reach the professor at 2) the demo speech because we can do anything that we enjoy and are used to doing and teach it to the class
introduction speech and demonstration speech
Attention to detail and positive feedback
2 specific activities that made me feel more inclusive as an individual is when we did our first speech and when we discussed how to communicate with others and take others feelings into consideration.
1) he had a band of the day which relaxed me 2) he has very positive and happy
personalized feedback, quick response to email questions, give every group equal opportunities to ask questions.
I like that Dr K is good with feedback on the assignment drafts. It helped narrow focus down on the speeches.
I enjoyed the listening behaviors assignment and the communication goals assessment because they allowed me to "call myself out" on what I need to work on, and observe over the quarter whether or not I actually improved upon my concerns.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
Asking the class about how they were doing in general and developing a bond with us, spending time getting to know us. The letters speech that we had to do which let everyone learn things about one another.
I enjoyed the audience analysis activity where we got to learn about each other and express more about who we are, and I always felt heard by my instructor when I submitted my research for my Life Hack Speech or PSA assignment and felt that she tailored her responses to me.
The letter speech as well as the in-class hand-raising surveys helped with the feeling of inclusion within the class. Not only were we all able to learn about each other, but we were able to appreciate the differences as well as realize how similar we all are.
1 show and tell, since we got to know more of each other and ourselves. 2 when the professor took roll most questions were about us and our opinions and beliefs and it really gets you thinking about yourself and situations we have been in or even what we actually believe, it is pretty cool
The mock interview was really helpful for me because I am looking to change careers in the future and I can use the interview format in the future. The reflection questions also really helped me to apply concepts we were learning to myself and my communication style.
The mock interview was useful because I plan to change careers in the future. The life hack speech was also a lot of fun because I could talk about something I know a lot about.
I like our classmates giving reminders to repeat questions to help earn points. I liked the engagement the teacher provided to seemingly ever speech.
I liked the more personal speeches. Speech 2 and 3 were my favorite because I felt like I got to know my peers better.
All the ice breakers and discussions on our tables were interesting, gave me the opportunity to ask myself questions I am not used to helping me to know my own opinions better, and also listen to different standpoints given by my peers.
asking for my opinion on topic and getting included in discussions
Pet Peeve speech, it allowed me to vent a little and show my classmates a little of who I am.
Shared personal experiences on personal fears
The instructor had a paper on gender identity, which made me think about how I present my gender. The TED Talk speech also made the learning feel more inclusive because I got to talk about something important to me.
Instructor made sure to help us and understand us when we had apprehensions with giving speeches, as well as took time to go in depth as to what we can improve on in future speeches or even just future in general.
The order of speaker during speech day and the modify speech that the instructor give for every speeches.
Informative Speech Introduction Speech
None
He gave clear feedback on how I did during my speeches. He also gave clear lectures that helped me learn techniques.
The informative and persuasive speech made my learning feel more inclusive.
Being able to select our own topics without limitations for each speech. Having open discussions.
partner speeches persuasive speech
to be honest I can't remember enough to actually say
One of the activities was when Professor Ahern would ask a question and the audience had to agree or disagree to a point and then each side would state their opinions. Another activity was the Informative speech, because I got to show the class my interests and truly teach the class something new.
social identity facilitation and great idea workshops
The persuasive speech gave me an insight on how people actually view some controversial topics and a lot of the times it's different than what I originally thought. And surprisingly the weekly assignments always had something incredibly useful
I'm not 100% sure I know what this question is asking, but: I liked the weekly discussions because they helped me figure out what I should talk about etc. I also think the speeches were essential since it was a speech class after all.
The Monopoly activity I felt really included and the assumptions worksheet as well.
n/A
I liked that my instructor had a speech assignment where we had to introduce ourselves to the class. It made me feel like he cared about who I am. I also liked the group activities assigned to each group, letting us all get to know each other and work together.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
Johari Window, Active Listening Report, and the Dear Abby paper. They all involved digging of some kind and I really enjoyed learning new ways to analyze communication methods.
Flipgrid was interesting and fun, and break away groups to focus on specific speeches and generous feedbacks
I think the activities where Joel had 3 questions on the projector and the students had to go up and answer one was one of my favorite activities because the questions were cool and funny. And the roll calling questions made my learning feel more inclusive as well.
the first speech because I had to think of a letter that describes who I am today getting together in groups.
The PSA and the 3 letter speech helped me learn my weaknesses.
Professor Karl has always given us time for group discussion, which I really liked. Karl has also let us do class critique, and whenever I receive a critique from other classmates, I feel happy.
Opening remarks about random things or even a little puzzle to get everyone involved was really nice. Having us work together to help a classmate in an assignment during group activities was really helpful.
Demonstration speech made me feel like it was my time to shine because I could show off my skills to the class. I also liked how we were able to be in full control of our speech. It brought out my creative side and made me feel in control of class for a moment.
I don't know if this counts, but being able to choose our own topics for both the Informative and Persuasive speeches really made the whole "public speaking" portion of the class a lot easier. Being able to give a speech on something that meant a lot to me or something that I was truly interested in made standing in front of the whole class seem not so terrifying. I was still scared and my heart was racing but I was able to distract myself with a topic I really found fascinating. I was really intimidated with the amount of information and criteria we needed to meet for both speeches. By letting me choose topics I wanted I found it much easier to put together a cohesive speech that included everything I needed it to while still being something that was fun and interesting to listen to.
The speech that made me feel more inclusive was the introduction speech. Mainly because it made me feel more comfortable with people in the class. I got to learn more about them and they learned something about me as well.
working with the team for the facilitation and workshop presentation
They (the instructor) evenly called on students whether shy or confident allowing those shy to get comfortable with talking and those that liked talking (like me) to talk. When speeches were assigned we were allowed to (within reason) choose the topic. In a way this allowed us all to talk about something we felt mattered or simply enjoyed.
when we did the group discussion, I can give out my idea.
olkm;wrbtnlkrkmbbrlkm;
I really, like I said before, the first speech. In addition I also really enjoyed the self-reflections after each speech, because I got to look back at what I did good and bad on each speech.
I liked the speeches where we demonstrated something we knew because it was an expression of what we enjoy, in addition to the informative speech, where people managed to make speeches entertaining by putting more of their personality into it
Kahoot and mini speeches
The informative speech and the persuasive speech gave me a lot of freedom to pick my topics. I don't like assignments with many constraints so that I can be as creative as I want and these two assignments best enabled that.
Working in group and partner
group activities, partner activities, large open choice for speech topics
Tutoring and meeting everybody
Letters of introduction speech and life hack speech survey to get to know each other better.
My persuasive speech was one of my most difficult assignments as I had to express a thought I felt really strong about. The impromptu speech made me realize that I had to quickly adapt to a situation and make the best out of it.
All assignments were actually excellent for this. Very personal, light, and genuine.
group discussions and researching a topic we liked
1. Gender discussion 2. The identity reflection paper
The demonstration and informative speeches made us learn how to be better at public speaking by talking about topics that we're motivated to research, write, and talk about
PSA and the 3 letter speech

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
Casual discussions incorporated into the class as well as the impromptu speeches
1. "Share your thoughts" activities 2. Job Interview Speech
peer evaluation
I felt very good about the informative speech as Ms. Shagun made me feel like I did alright with my content as long as I practice speaking I'd possibly get better in the future.
Doing the self analysis gives me a chance to reflect on myself and in return, challenging myself to do better. Again, doing discussions that involves interacting with classmates making me feel inclusive for the reason I stated in number 27.
Group discussion and presentation
Group discussion and presentation
I liked the discussions about our nationalities and languages that we speak, and the group speeches about current issues. It really helped to allow us to share our individuality, and talk about issues we thought were important and our opinions of them.
The zoom interactive chats helped a lot but as well as just being able to email the teacher with anyone concerns or feedback.
discussions and teacher asking for your input
Group brainstorming, discussing recent news
Recording the speech to post for feedback was helpful. I think the professor did her best to ensure that we engaged in distant public speaking the best we could. The engagement activities were a good way to incorporate interacting with everyone from the class.
The info speech and group activities.
the value speech and dinner party
first, i was so happy that the instructor let us pic our own topic for speech. in the beginning, I was expected that i will have to make a speech about topics that were given by an instructor. second, the instructor cover lots of important materials in the book that helps us improved our speech
1) The discussion on what has been happening recently (COVID-19, protests...) 2) The value speech.
Overall, I think all the speeches helped me feel more included, because they allowed us to select what we wanted to talk about, while following the prompt. The discussions also made me feel included because of all the comments that everyone left for every response.
1. writing peer reviews to others. I learned to listen to other people's speeches and give my ideas. 2. attention getter for the first speech and the TikTok assignment. If it was up to me, I don't think that I would do all of that but now I think I am out of my comfort zone. I always wanted to get out of om bubble and do new things. so these two actually helped me.
I think that our first short speech was a great way to encourage our individual features to shine in the class. I also think that demo speech allowed a lot of students to show in what activities they find themselves confident.
?
1. Discuss about what happens right now around us. 2. Give us different perspective of views to see the certain events
1. Even when doing TikTok for the class the professor allowed us to perform in any language. 2. Professor was very inclusive in all the lectures.
Value speech and Tik Tok challenge assignment
Always had discussions about current events.
The first speech that we did and the second thing is that she is very supportive which reduce my stress and made me to focus on my studies.
survey, TikTok
I think the group discussion about the topic and content for speech 1 and the formation of the groups by our wishes make me feel inclusive as an individual.
The discussion of Colin Kaepernick's kneeling in front of the flag and the value speech.
Demonstration Speech informative speech
The breakout group discussion and informative speech.
engagement 1 and the first speech
the first "get to know me" speech and the sell it speech.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
As I said before the values speech made me feel included. Also I enjoyed our engagement where we discussed Kaepernick's kneeling. It proved to be especially relevant regarding the protests taking place right now.
I learned a lot about myself through the various speeches this quarter which made it easier for me to be comfortable around my peers.
Assigning peers' work to review as well as requiring students to respond to other individual's works, in order to build a community vibe.
1. The informative speech. This activity made me research every detail and ask my classmates if this is a good topic to present. I had the chance to communicate with my classmates and ask their opinion. 2. The persuasive speech. This activity made me connect with my classmates and share are ideas more.
One thing that the instructor did that made me feel inclusive was just her attitude, she's a very exciting professor that doesn't mind when things get awkward in discussions which I like. Another thing she did was during activities she would always encourage us to voice our opinions in the most respectful way possible.
Introduction speech and breakout groups
The Informative Speech, maybe the group speech that is coming up will help as well.
Every time I delivered speeches, I received both positive feedback and constructive criticism from my instructor. These elements helped me improve since I received the opportunity to dedicate more attention to my weaknesses. This way, I was able to deliver my speeches more effectively, for instance, my value speech. Although I had a great job, my instructor also provided constructive criticism regarding my vocal delivery and dynamism alongside my strengths. These elements helped me somewhat improve on my delivery since on my next major speech, I used a mix of hand gestures rather than standing still during the entire presentation.
The discussion at the beginning of every class
I believe the subjects of each speech helped me explore another part of myself. Professor Anderson did a great job of making me feel comfortable with a task that has always horrified me and I'm really grateful for that.
the impromptu speeches, again, because they would allow for brief interactions with the instructor that felt more personal, even though the class was online; I really appreciated to be given some leeway as an international student/ re. the way of expressing thoughts, because I felt like it made me less nervous and more comfortable to have a speech without being judged on your language/phrasing of sentences;
The personal speech. Self-evaluation.
The teacher is being very comprehensive with the fact that English is my second language, thank that extra time made me more confident to talk with my classmates
Group discussion and break out rooms
Putting us in breakout groups helped me to feel more inclusive. Also, the feedbacks about my speeches have encouraged me a lot.
The demonstrative speech was a speech that I really connected with. It gave me the opportunity to show my classmates a demonstration of what I like to do. An activity that we did was break out into groups and work as a group to come up if ideas we thought were appropriate to hear from our classmates.
The value speech and introduction speech.
Oral Interpretation and the Sell it speech. These two assignments made me gain confidence and was able to complete them.
Floyd's kneeling in front of the flag discussion as well as the talk over identities between American, Black, or gay.
Discussions
speeches that allow me to express my thought, and tiktok (it was fun)
I really liked the values speech because it allowed me to let others know more about myself and for me to get to know my classmates more. I also loved the tiktok assignment because it allowed everyone to show their creativity and fun side!
I think the Oral interpretation and the "Sell It" assignments were very interesting and engaging, and we can really expand our personality on those assignments. Really wished it was for extra credits though.
The first assignment we had to do as an introduction was really fun. I was able to learn a lot about myself and other classmates. One thing that I feel accomplished of is that I was able to be open to people about who I am and how I speak. Another assignment I enjoyed that made my learning feel more inclusive of who I was as an individual was the informative speech as I was able to relate what I do for a living and inform my classmates about important information.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
I think the "Sell It" speech and the oral interpretation was really engaging and really extended our personalities into the assignments.
The surveys made me feel included since they covered most of my initial fears with public speaking, and the informative speech allowed me to talk about a topic that I am passionate about, which made me feel like part of the group.
1. The value speech (1st speech) 2. oral interpretation
The speech value The informative speech
the speech topics are usually based on my personal interest in a topic, which is nice.
I think the speeches were very inclusive. The first major speech was about our values and then we had an informational speech where we could discuss anything we wanted to our classmates.
- Engagement 1: Identity Speech opened up the floor for us to all express who we were as individuals, and was a nice opening to the course - Engagement 2: Dinner Party allowed us to express our thoughts on a complicated topic, and I could see many people who were passionate on the topic
The second speech made me really feel inclusive because I was able to deliver the materials that I actually cared about. Additionally, the online class discussion the use of DeAnza online school materials, especially the use of online library resources, really aided me in my paper writing endeavour this quarter as a whole.
Both speeches have really showed me who I am as an individual because it got me out of my comfort zone and also showed me I am not as bad at public speaking as I thought.
I think that the informative speech where you got to pick the topic was a way to delve into a topic that I personally liked and also the response videos to labels as it was a way to voice a somewhat unpopular opinion.
I really enjoyed attending the lectures which I began to do during the latter half of the class. Professor Anderson would email us a theme for each class such as pajama day or sports day which made the lectures interesting and it was fun to see what everyone was wearing. The lectures were very conversational and nice and I felt very included and part of the public speaking class community. I also enjoyed commenting and receiving comments on all the different assignments and speeches as I was able to receive feedback on my speeches and also comment on the things I liked and provide constructive criticism to my peers. I've always like reviewing and editing things so the collaborative aspect of the class was very engaging and fun for me.
Unclear of how these things would make me feel inclusive. I did enjoy the discussion topics Professor Anderson chose.
The informative speech for which we were able to freely choose the topic and the random act of kindness for which we were compelled to do nice things we might not have done otherwise.
performative speech and dinner party activity
Group discussions helped and his pointers when i am stuck on my outlines.
Stephanie Anderson was extremely kind and approachable. She is easy to talk to and very encouraging. I felt comfortable asking her for help and never felt like my questions were dumb questions.
tik tok value speech
I love the Sell it Speech assignment which we can apply our creation into the speech. I also love the Dinner Party assignment since it provides me information about the racist problem which has been occurring in the U.S.
The identity speech and the invention speech.
There was the Johari Window activity that made me learn about myself more and how I have blindspots that I don't know, but people I know know about my blindspots. I remember this video assignment for Flipgrid. The assignment was to record ourselves as a introduction and it felt like the instructor wanted to know about us which made me feel inclusive.
I really like the way our instructor always tries to accommodate the time which suits best for us. For example, she lets us choose our day and time to present. She really tries to hear us and do whatever work best for us.
the peer feedback and the opinion on certain political topics made me feel more included as an individual
I liked the multiple interpretations assignment as well as the value speech, as they showed my opinions and values that I hold as an individual.
Great
presentation and discussion.
1. The professor is humorous. 2. The professor doesn't put pressure on us.
- For the first speech, gave long feedback regarding how my speech was graded and where I did well/needed improvement on - Always made sure to give feedback/comments on every assignment
speeches and discussions.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
The Media and Identity Speech and the Media discussion board
The 2 assignments which made me learn more about myself was the very first flipgrid assignment we did, where we talked about ourselves. There were certain topics that we could talk about and showed me what I valued enough to show on my speech. The second one was the tribute speech since it showed me what I appreciate in life and what I gave importance.
critiques and discussions
I would have to say the two speech recordings were fun and allowed us to practice projecting our voices while expressing our own thoughts/opinions. I personally prefer those speeches rather than informative ones that I have to memorize. I also appreciated the feed back from my peers which allows each person to improve!
The flipgrid activities definitely made learning feel more inclusive. I feel as if this last speech will also make learning feel more inclusive because we get to focus on our careers. Overall that's something I enjoyed most about this class was we got to choose our own topic. That definitely helps make learning more inclusive.
I really liked all the discussion posts and peer review assignments. I also liked the two papers we had to write. This class was perfect and I enjoyed it a lot.
speeches 2 & 1
I think that both of the major speeches that we have had so far had allowed me to share a part of my own interest with everyone else. I was able to freely express my thoughts with the topic I chose and I enjoyed it.
The first thing Professor Joel really did a great job in was conducting those questions when taking attendance, this really encouraged me to want to make conversation with those around me. Secondly, he was always so engaged in our speeches, it really motivated me to be confident and not get nervous of him ever being rude or not liking it, he was always so appreciative and kind.
For me, the speeches made me feel more inclusive of myself as an individual. The reason why because everyone, including myself, had the chance to speak without feeling or getting judged.
1. I wished more people had their cameras on 2. No one would really ask follow up questions or try to get to know each other
I believe the cores values and persuasive speech assignments were more inclusive to who I am.
The both informative speeches and the persuasive speech made me feel more inclusive of who I am as an individual.
the name tag assignment, and informative speech.
She let us pick our topics for both speeches and her activities always allowed us to voice our opinions.
The Core Values speech made learning feel inclusive because I had the chance to speak about what was most important to me. The Informative speech was also inclusive in that the topic was extremely open-ended, and I could essentially talk to the class about anything.
I really like the heart transplant activity because that allowed me to explore my persuasion speech skills. I also love doing the discussion post on Kaepernick because I love politics, thus I get to talk about what I love discussing.
Discussion assignments and peer reviews.
Every discussion is actually very helpful, I can hear the opinions from my classmates. When I give my point of view, the students will help to improve. Especially Ajeet, he is paying attention to every classmate who needs help.
The first speech that was of ourselves and the other speeches that allowed us to talk about what we liked or were interested in
-Act of Kindness (really enjoyed creating this presentation/speech and I found the actual speech presentation part of it to have been fun as well) -Final group project (never done one before, so it is new to me and I will learn how to cooperate with others)
One assignment that made me feel included as an individual was the Act of Kindness assignment/project. During this assignment I had the control of what to do with what I wanted to perform for someone close to my life. It made me think clearly of compassion and how I can grow as a person. The other activity I enjoyed was the tests/surveys where we would get a rating at the end about how we are with certain things such as affection, kindness, verbal communication, listening, etc. I enjoyed those assignments since after I would take a step back and think on how and why those things have influenced the person I am today and what I expect from other people.
Activity 8 Discovering Our Love Languages and the Privilege Speech
Johari window and Favorite restaurant

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
One speech would be the first informative speech because it gave me the chance to talk about something I have a lot of knowledge on and its personal to me. Another would be the advocacy speech which again allowed me to talk about something that was close to me and that I was passionate about.
The Demo Speech and the Info Speech
The reading assignments and ted talk were very effective and helped me learn a lot throughout the quarter.
Every time we did a minor speech he would privately chat and tell me I did a good job. When it was a major speech, the comments on canvas would always be positive as well. I also liked that he talked to us about our speech topic a little after giving it.
The activities of discussing your favorite _____ or the forced meeting where you have to be in real clothes and participate like a normal classroom.
The only speech I believe brought out who I am, is when we were able to speak about something we like or don't like.
I enjoyed the Johari presentation and the best/worst class ever taken.
The engagement part is very interesting and lets students express their own opinions without being judges. The 2 proposals contribute to group forming and morning so we could find a mutual agreement.
Including personal taste and interest
There was one assignment called the Johari Window in which we described the class different aspects of ourselves.
We had an assignment called the Johari Window in which we described aspects of ourselves.
reviewing what we did well and what needed to be worked on after each speech session and the small talk the instructor does right before the class session begins
Kahoot and the johari window it showed what interest the average person has
My professor had created Kahoot games so that the class could feel involved. It also kept them up-to-date with the latest current events. There was also that one other activity where we had to share our Johari Window.
The in class quick speech of what we'd do after quarantine. Johari Window box project.
Our instructor gave us a lot of freedom to show our idea in speech. She always say good job to encourage us.
The self reflection assignment and posting an introduction video activity. After presenting our speeches, we had to reflect on what we did wrong and what could be improved, it helped me understand what I could do better next time I'm giving a speech. The introduction video showed me my comfort level when it comes to recording and talking in a video and posting it to my new classmates. I learned more about myself through that recording and how I was reacting.
Our getting know each other presentation like our name letter presentation was really fun. And our informative presentation was also very fun and it felt like we were all inclusive.
it called peer review that we I have to rewatch my speech to realize what is not good by my judges.
I love the assignments that are self reflections or peer reflections. These assignments really allow us to take a step back and realize what is going right, and what we need to work on.
The short speeches and the performance speeches.
Informative Speech and Demonstration Speech
I enjoyed the freedom of the speeches allowing me to choose what I'm interested in and how the professor always was open to peoples opinions.
- Kahoot was a nice activity that we do before we really get into the lectures. - Sharing our opinions and doing other people survey was also fun and it helped with speeches.
persuasion speech and speech to inform
My teacher said "good job". She encouraged me a lot.
The professor was very friendly and incredibly non-judgmental which made contributing the our daily class conversations much easier. Our classmates clapping for us before a speech really helped out too.
The eat here presentation definitely accomplished this as well as both of the first two large presentations because I got great feedback that I was able to use to improve my speech giving abilities.
persuasive speech assignment and informative speech with visual aid assignment.
I think the Informative speech really gave me confidence. I was so nervous going into it because it was our first written speech but after I finished I was like, why was I so anxious? It really boosted y confidence as a speaker. The Persuasive speech was a milestone for me. It was the first presentation I went into not feeling anxious. Well, I felt anxious but very little. Its like all the confidence I was building this quarter manifested.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response

The first assignment would have to be the demonstration speech. This speech really made me get out of my comfort zone and really tested my anxiety because before this class, I haven't taken any speech classes. When this assignment was brought up, not only did I have to memorize an entire outline to deliver, I also had to demonstrate in front of the class. Overall, I really enjoyed this speech because I was able to feel more inclusive of who I am as an individual. The second speech that made me feel more inclusive of who I am as an individual was the informative speech. With this speech I was able to pick a topic that I was really interested in and I felt like I was given an opportunity to open up to the class and talk about topics that interest me. Of course I had a lot of knowledge on the topic I presented, and was actually complimented for delivering an intriguing speech!

Speech #4 which is Interpersonal speech made my learning feel more inclusive. I felt to expand my knowledge while preparing my Speech #4. I hope I want to get more the opportunity for this kind of speech. I do not like just giving simple information speech. And "Choosing proper leader activities" was useful for me because I had a chance to think about what kind of leader was fit this situation.

His feed back after speeches and him telling me that it was overall very good. Or when he agreed with an issue or topic i was addressing. I felt valued and understood

all of the class meetings, he was great at giving us necessary materials.

Asking about what we like, such as TV show and movies. I am really like the presentation speech, I hope to learn about my classmate's through it.

Speech 1 & Group Discussions

The quizzes which made sure we were reading the communications textbook and the informative speech allowed me to express myself to others

I enjoyed the discussion that took place before the class started. I enjoyed talking about current events more than trivia, however. I also enjoyed meetings in general

Giving helpful and positive feedback for assignments and speeches, gave encouragement and positive energy after speeches are presented.

The Self Reflection speech and the Value and Love Languages online activities are 2 things that i learned more about myself. Actually this class was a big eye opener for me. It taught me to be more confident and that I can actually speak up when I need too,

One specific speech by the instructor which made my learning feel more inclusive of who I am as an individual was the first speech because it was to help everyone get to know who you are which helped me to reflect on myself. Another was speech five because it made me think back to a time where I was in a group setting and was a proactive member making me realize how important that is.

The Professor told us stories about things that he had encountered and that he really listened to his students problems, he helped me and other student a lot

the name tag presentation was a great way to meet everyone the family activity when we had to remember their names was a great way to see if we could multitask

Online activity and engagement these two kinds of assignment are good.

1. putting terms from the book - made me want to know the correct meaning of the word to use it properly 2. Speech #4

1. Interpersonal Communication Speech 2. Breakout rooms

Specific activities that made me feel more inclusive were speech assignments. By hearing a lot of other different perspectives, I was able to make more sense of certain topics. However, having different assignments show up on canvas at different times through the course of the quarter made it much more difficult to keep up with my schedule.

Some of the engage assignments felt very inclusive because it asked me to reflect on personal issues or events such as thinking about conversations that could have gone better, then reflecting on what techniques could be used to avoid that in the future.

Acts of kindness assignment in the small group. Speaking about a personal experience.

I felt that the random act of kindness project overall made me feel inclusive as everyone presented on something positive that they did for someone. This project was something I felt comfortable because I enjoy giving back in any way I possibly can, so I was excited to share the content I had with the class. Another assignment that made me feel included in the class and inclusive as an individual was the informative speech, due to the fact that we got to personally chose the topic that we were going to inform the class about. I felt strongly about the topic I chose, making it easier and more comfortable to present to the class.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
- I really appreciated it when after the minor speeches my professor would almost immediately not only give feedback but also show engagement - I enjoyed doing an assignment in which we were instructed to dissect a political speech of our choosing. (at national conventions) It was very enjoyable for me to do.
Informative speech, act of kindness
I think the discussion and the speech outline help me a lot. My classmates always give me their opinion to my topic so that I could do it better. And the outline is good for me to prepare for my speaking.
Pointed out my strengths and weaknesses and replies to my questions through emails quickly
Karl complimented and commented on the background I made for my informative speech. Karl recognized my effort and granted me a chance to reconsider my topic for my persuasive speech after the due date for choosing the topic.
Whenever we would do speeches, I felt like I was improving as a person to overcome my stage fears whenever i present towards a large audience. I learn so many things that I could use to boost my confidence to allow me to deliver my speech and overall talking to great extent. Also whenever I did the group activities whenever we discuss about something, I feel more incline to talking with the group and sharing my ideas. This had never happen to me before as I was the one who will never talk in a group. This class had been important to me to improve my speaking skills and confidence that I can be better in the future.
the speeches that we were assigned to do, and just being able to speak/ask anything at anytime.
I liked how in all the speeches we had the choice of picking the specific topic we were going to talk about which made assignments more interesting.
reading different methods of your fears so you can learn how to fix them. Opening up and doing peer reviews
Audience analysis and persuasive speech assignments.
Group discussions and Speeches
I think that the discussion for our audience analysis really made me feel included more as an individual because I get to respond to and get responses from classmates. Another activity is after a day of going through informative speeches, the professor puts us in breakout groups so that we can share our thoughts.
The 2 specific activities were the random act of kindness and name tag.
Doing the assignments was helpful because it also has some examples to know how to do the homework.
- I honestly loved the extra credit I thought they were fun and very educational. - I thought the privilege speech assignment really helped during this quarter mainly because of the pandemic but also everybody was actually vulnerable during this assignment.
-the minor speeches; I got to share what I love doing because an introduction speech is never usually enough to show people what I love. -the professor understands that I am currently having internet problems, he responds to every e-mail I send.
I know how to cite sources in my speech and keep the organization consistent.
The group activities and the mind games.
Both the speeches (persuasive and informative) make me feel more inclusive since that was the only assignment allow me to speak with my teammate.
It is hard for me to come up with two, with one even since the specific activities are directly related to the speeches. And I did not go to every class. But I would say the question and answer portions after a class made me feel included.
The informative speech assignment played a part in discovering how much the subject mattered to me. The persuasive project made me reach into my very small creative side, it made me challenge several aspects of myself.
The first speech was some of my first work with groupmates, this generally helped me feel incuded/important When I spoke with Stephanie about going to protest for the BLM movement over turning in my homework on time, I was surprised to hear how accomidating she was, and that made me feel like she really was looking out for what was best for me - not just what will get me the grade.
the consulting session for my speech outlines as well as group discussions/ break out groups
1. 1 minute life story 2. Having many breakout rooms because I felt like I could be myself during that time
I can recall the impromptu exercises allowed me to speak on the spot without much hesitation. The small group activities allowed all the students to be well prepared and supported for any speech.
I see no different treatment of me compared to non-Asian students when giving my speeches, and the instructor asked me specifically if I had problems with finding a good ethos for my speech.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
One activity we did was a demo speech, job interviews. I like that we did that at the beginning of the quarter set the atmosphere for the class and how my working schedule should go. Another activity was discussions and flipgrid. Interactions between my peers and I made me realize that I can learn a lot from my peers and their perspectives.
class participation, instructor always willing to help
The mind trap and the small group discuss make me feel more inclusive.
The instructor's comments gave me a lot of important feedback on my assignments. They helped me improve my speech topics and speech overall. The quizzes/reading also gave me a lot of different ideas to use while presenting the speeches.
The final persuasive speech really gave us an opportunity to show what we would change in the world if we were capable of doing so. The peer reviews were great, as I enjoyed getting feedback from other students and the professor.
Discussion posts and certain speeches.
Having an open forum, repeating questions as they come
Individual speech about video games. Group speech about communication.
Break room or group discussion in almost every class. Team survive speech
Breakroom activity. Team survival speech. Russell always encourages students to speak up and give nice responses.
My professor is very kind and friendly while chatting with students before classes. He creates a warm-sharing and unstressful atmosphere in every class. He also encourages students to speak up and has kind responses.
The first assignment when we gave a speech about ourselves, and I really enjoyed the love language assignment because it helped me learn a little bit more about myself.
Allowing us to talk about topics we enjoyed. Allowing us to show off and talk about something that means something to us.
I like how Hong asked us to open camera so it was more like a meeting than talking in front of a machine. I like how he put us in the breakout room to discuss about the upcoming speeches.
dinner party and value speech
The class over all was very good. I would take this teacher again.
I think coming up with our topics for speeches made me feel like who I am as an individual because I could talk about something that I was interested in. Another thing is when we did a flip grid in the beginning about our name. I was able to explain my name to people and I usually can't do that.
She creates group activities and also lets class speak up the lesson learned after each activity or each speech
I felt that speech #3 made my learning feel more inclusive of who I am as an individual, because it gave me a chance to talk about something in my personal life that I enjoyed. I also feel that the Communication Goals assignment at the beginning of the quarter helped my learning feel more inclusive, because it required me to think about myself as a speaker, and helped me realize what I needed to improve to better myself.
Honestly all of them, she was very vocal about how some might agree with this particular view or how others might agree with another particular view but she still made both views valid while also maintaining the respect of professional instruction. One speech was our initial speech of the quarter about social media and the effects of consumption amongst the masses and afterwards gave great feedback and notes on how to improve and what was done well etc.
I think the peer reviews helped a lot. Another I think that helped was the interview questions.
I feel better and better
The cultural commitments speech and our perspectives speech helped me feel more inclusive as an individual.
One activity that helped me learn more about who I am as an individual was the group project because I felt that I did my best to make everyone comfortable with one another. Another assignment that made me realize something about myself is that I didn't do pretty well on my quizzes which brought my grade down to a low B, which bothered me because all 3 of my other classes, I have a high A so I definitely took the L. Maybe I'm not the best at public speaking, but I definitely learned how to improve my performance with the help of our outline!
There were no set speech topics, which made it so we could talk about anything we wanted, be it our ancestry or food we like or an issue we care about.
For me I think the first speech where we told the class about ourselves and the persuasive speech were the two speeches that felt most inclusive of who I am as an individual. That is because the content I shared was very personal about my experiences. Because we get to choose our topics most of my speeches included something personal and important to me.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
the perspectives speech and cultural commitments speech both helped me immensely.
1. The persuasive speech. 2. When we got to discuss important issues like blm in class.
Again, I was grateful to have a group activity even with everything being online, because I work best with other people. I also enjoyed the opportunity to create a speech about something I personally like. Because speaking about basketball in this class setting and being shown a more clear way of expressing my thoughts on the matter, helps me speak about that topic more clear in the future.
One thing the instructor did that not a lot of teachers ever do is talk to people before the zoom meeting in a conversational way, just because. Another was expressing his out of class interests before the zoom meetings with music videos and all the other stuff he showed the class, which made me feel like I could be more of myself in the class like he expressed himself.
The introduction speech response allowed me to get to know my classmates and interact with them via flipgrid. Another assignment was the group speech assignment that gave me the opportunity to work with others.
discussions, weekly activities due
group speech self evaluation after each speech
About learning what caused anxieties and reflecting on previous speeches
None
1. List preferred pronouns. 2. Record name pronunciation. 3. Good discussions about inclusivity during speech feedback.
The AHA speech as I mentioned previously and the self analyses after each speech helped the most.
the breakout rooms helped a lot. the nametag presentation helped me express myself.
putting us into break out rooms helped me get out of my comfort zone and allow me to get to know some of my classmates.
I enjoyed getting to choose something that i believe in to present as my speeches and it gave me more motivation to do it.
I liked the peer debriefs we have at the end of every speech because it's a chance to interact with peers and socialize. I also liked the #4 soapbox speech because at that point, I had learned more about giving speeches and felt more comfortable talking about my passions.
We had speeches and at the end a discussion and everyone felt comfortable to speak up so the environment was really nice- made me feel comfortable. Our weekly discussions were about recent events so everyone related in some way, which showed how much we all have in common and if we didn't we could talk about it maturely which was really cool.
The group discussions and the group peer reviews after each speech really helped me feel more involved.
He always gave us feedback. Whether it was during or after our speech. He also always participated with questions.
breakout groups and discussions with peers
I like that we were in small speech sessions because it was easier to hear others and feel included. I also enjoyed the small discussion groups on canvas for certain weekly discussions.
-His feedback I appreciate that he says it how he sees it and lets you know what you can do for improvement. I know that's what all teachers do but he was straightforward about what went wrong or what went right. No sugar coding (App speech). -For my impromptu speech, I decided to go with the unpopular opinion because it was true to me and he pointed it out. You don't have to go with the popular opinion if you don't feel the way others do about it.
persuasive speech informative speech
Gave good feedback and was a positive professor.
1. doing the self-evaluations helped 2. having speeches in bigger groups
the introduction speech, and informative speech
Having discussions at the end of the speech and allowing us to ask questions to start a discussion regardless of our views is nice.
1. In class take roll question. It is short but there are interactions between classmates and also professor. 2. First minor speech(Self introduction)- it is always good to get connections by knowing each other.
The discussions where we had to reply to peers and vice versa helped make the class seem more personal to me. I thought the name game flipgrid and our values speech really made me feel like an individual in this class.
All the little things - the discussions about our favorite TV shows, and any other opportunities for individuals to express themselves.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
The specific speech topics allowed us to speak on things we had a personal connection to. For example, a speech on our names and causes we are passionate about. The breakout rooms also allowed us to have active discussions away from the entire classroom.
I liked how the speeches allowed us to pick pretty much any topic and the flexibility was helpful.
The persuasive speech allowed me to from the heart and show the type of person I am, being involved a specific foundation. The peer evaluations allowed my peers to critic me on my speech which helped me see what i was doing wrong and how I could improve.
The name card project, and your 5 minute presentation about anything, mine was about how to manage stress and I got to bring out the scientist in me to give that speech.
Discussion assignments with video and response during the speech.
Both were minor discussions in the class and they were the one where we shared our favorite movie/ show and brought in a show and tell items. This helped me a lot because I feel as if I gained something from my peers and they got to know a little bit about me. :)
The first speech was definetly hard and helped me learn because it was a interview style speech and I even wore a button up to that speech as well. Having the outlines for most of my speeches really helped me excel and have a better well concise speech.
class discussion and we could type or speak out our opinions. and
He allowed us to pick our own topics for the speeches and gave constructive feedback when grading our speeches
1. discussions 2. Cultural commitments speech
The dinner party discussion assignment was very fitting for all of us and helped all of feel inclusive. I definitely enjoyed that discussion the best. I also appreciated how we learned from each other in our speeches, and I love how some presenters included classmates to participate in their surveys before their presentation to connect better to the class.
1. I like all the speeches because they were all different on how we had to deliver them such as persuading our audience or informing them. 2. I really enjoyed the heart transplant speech because it was fun having to be some random person.
The weekly zoom meetings because I still felt like I was apart of a class and it made me always come back and then the cultural group assignment it was challenging coming up with cultures that uniquely influence you and it seemed fun sharing with other and learning about theirs
The cultural commitment speech, and social networking platform group speech, made my learning feel more inclusive of who I am as an individual because it made me dig deeper within myself, as well as notice my areas of strengths and weaknesses in terms of research.
One activity that helped me be included in the class was the news events activity that occurred before the class talked about the communication materials. A speech that helped me be included in the class was the persuasive speech. This speech helped me express myself interests and ideas without feeling nervous.
Thought about the protests.
Our Cultural Commitments Speech and Perspectives Speech assignments both made me feel more included as I was able to speak about my cultural groups that make me who I am, and the beliefs in which I stand by in my life. I really felt like I could express myself.
Group Speeches and activities during lectures
The final speech of our class, the major informative with visual aids, allowed us to really go beyond with what we wanted to showcase. Professor Sakakihara's parameters opened up a variety of paths to finish out the class. I think by just having more options it allowed me to choose a subject/content I wanted to showcase I also liked the show & tell minor speech. Maybe it's along the same lines as our final speech I saw this more as a way to learn more about each other.
the first values speech and the self-reflections after speeches.
I think the outline helped me a lot. It kept me in check and it made me think about who I want to be as a presenter. It helped me become confident in what I'm projecting to the audience. Anxiety mangement plan as well.
Having a perspective speech about anything we agreed on. Another assignment was the cultural commitments speech because it gave us an opportunity to show who we are.
The two group speeches made me feel like I was helping.
i enjoyed our group speeches and how we were allowed to pick our topic, i also enjoyed the professors quick response to questions
The persuasive speech as well as talking to my classmates in groups.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
The two group speeches made me feel included.
Office hours Taking time before or in the beginning of class to chat with the class.
group-work on outlines and practice speech amongst peers.
the readings helped me open more my mind and learned a lot about public speaking. Doing live speeches thru zoom helped my me a lot and reduced my anxiety
Talking about personal experiences. The outline explanation.
When the whole class participated in a activity where we got to know each other a little more and another assignment where we made videos that made us all come out of our shell.
reading the text book and doing live presentations on zoom
- I think that talking about things we believe are right or wrong in the speeches helped with that - Also, the discussions were very helpful in being able to express my thoughts and learning about others thoughts as well.
Discussions and opportunities to speak up on virtually any topic we find important.
- I like the icebreakers because it makes me feel more comfortable in the environment. - Also, I liked that we got to have priorities for our facilitation topic because we can go along with something we believe in or passionate about.
assignments where we had to share personal stories and create video responses made me feel more included
One activity would be the peer reviews and responses since I got a chance to interact with my classmates, another would be the speeches that helped me overall learn how to communicate at more of a college level.
Whenever the professor would call roll in the beginning of class, he would sometimes ask what our favorite tv shows/movies are and we would share in front of the whole class and he would engage in our responses. He would provide readings about how to deal with public speaking fears and I think that is super helpful especially to those who get anxious when speaking in front of a group of people.
he gave helpfull tips to and encouraged us to speak up
most of my instructors discussions/assignments/activities made me feel inclusive as an individual.
My professor was an awesome professor. All the assignments I had to do before jumping into groups, she always gave me feedback of how to better my self and do better the next time because I know all the advice will help with the major I am going towards which is nursing. So I am really thankful for everything she commented on my assignments.
I think the last 3 speeches were not forced by the instructor. Like all of us chose the topics we really desire. And i think the other one is that everyone is free to share their thoughts and comments.
All the speeches because i found a way to incorporate myself in all of them
I really enjoy doing the persuasive speech since I learned more about what to do and say. I like to always prove my point and even though I might not convince the other person I want to make myself really clear. I also enjoyed doing the setting roles and turning them in. I never had a professor do that but that was great. I as a person like to hold people accountable for their actions because its not fair for the rest of the group members if everyone does their work but one person ends up not doing it.
values speech, social norms discussion
the discussion posts, heart transplant
I liked the last activity at the end (2 truths, 1 lie). I also liked the discussions we had in small groups.
A speech that made me feel more inclusive was the one about our morals. I felt that it was very interesting to hear about everyone's life values and express our personal thoughts. In addition, I thought the speech about the job interview was helpful in enlightening the class about our experiences.
Again, I'd say the break rooms. Also how we had the freedom to choose what we wanted to write about for the quizzes/essays
- talking about the things we like such as movies and hobbies; my instructor encouraged students to share their hobbies/talents with the class and was genuinely interested in hearing about the things we are interested in. - offering assignments such as the show and tell speech which allows us to share something important to us.
Group work and group speeches
I felt that the instructor really was there for our improvement and really wanted to see us succeed. She extended outline deadlines that really helped me. Her feedback after each speech was really helpful also.
One specific speech that made me feel included was the a speech where we could present about whatever subject we like, and another was the instructor's willingness to communicate if difficulties occurred.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
Minor speeches, and role call.
Discussion and presentation
I felt that using visual presentation helped me a lot because it helped me not to feel confused
Self-reflections after the speeches Reading responses
The 1-minute life story and the responses to the facilitations every week.
The purposes of the speeches are great! I'm very glad and surprised that they made me think a lot about myself and my life somehow. This class in general also helped me a lot to feel better with my communication skills and myself!
Allowed me to write about what ever I wanted. Didn't make me feel unwanted in the class
Reading Reviews and Group discussions.
The professor himself was very kind and did a great job of communicating to everyone that not every speech is perfect. He was not judgmental and always made us feel like there was room for improvement and growth.
Breakout rooms Picking the topic of our speeches
The warm ups where we discussed the news as a class made a persons opinions and interest flourish as well as being able to choose our topic made it feel inclusive as well.
The activities that I am as an individual was discussion. This class's discussion is pretty different from the other class because there were only few people and it was different people each time. So I couldn't see the other discussion first, so I needed to think a lot. The other one was Fripgrid activity. The one was also I need to be individual because if I do the same was to others, others would notice about that. So I was being careful when I submit Fripgrid.
The job interview speech and the discussion topic a topic for the 3rd speech
The group speech that we have to do a lot of research on. The instructor asking interesting question for us to answer
To me it's trusting my gut and understanding that there is more to learn and see that I've made big growth during the course of assignment's lastly is communicating with the instructor and classmates so yeah that's what got me to feel valued as an individual.
-Professor's applause for my speeches -Professor make questions for my speeches -Professor's feedback for my speeches -Examples for outline that Professor provided -Professor answer the questions of the class -Professor's speeches example before students' speeches
The case study was a highlight. I was put in a really great team and it helped me really dive into the topic. I also learned a lot from the other groups and really enjoyed the activities people came up with. Since everything was online, icebreakers were really fun and helped bring us closer together as well.
group discuss to create ideas for topics each speech, and give lots of feedback about our speech outline.
An activity that we did was doing the worksheets for every speech we did.I just helped me more to think about what i wanted to say and do while giving my speech. Another activity would be when we would break out into groups and talk to other classmates about our fears and expectations while giving the speech and giving each other feedback.
I like how you give feedback to each assignment, and that does boost my confidence when I do my speech. Also, you provide honest feedback after a speech.
AHA speech: speech about a certain aspect of my life Story of name discussion: Allowed me to share the story behind my name
Collaborating with break out rooms for mind tricks as well made me feel included. Also the speeches overall and in general made me feel included.
Nothing specific except that we got to pick what our speeches are about which would be the definition of inclusive of all of our ideas.
The discussion at the beginning of every class The comment on every single speech
The meetings on Tuesday and the first speech made my learning feel more inclusive.
Impromptu speech and informative speeches both gave me reasons to express myself in things i was interested in and liked
Mind tests and break out rooms
conversations and office hours
The FlipGrid discussions helped made it more inclusive as I felt as though I understood my peers better as I watch their videos and respond to them. Another time was during the zoom meeting when we separated into groups and discuss among ourselves about the speeches we just gave.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
He helped me to figure out the main point of the speech and gave me a lot of feedback for helping me to do better for the next speech.
I think the discussions for the AHA speech was really nice, I liked the feedback from other people. I felt the end of each speech getting feedback helped me feel more valued as an individual.
The last group speech we had was really helpful because everyone in the group helped eachother in every way.
Giving me good, encouraging feedback, as well as giving polite critiques of my speeches.
She was very friendly and pointed out what needs to be fixed in my speech. she has clear instructions in the exercises, and also gives instructions when someone does not understand.
The speeches that stand out the most to me in terms of learning were the first in-class speech and the group speech.
Speeches and group discussions.
- the final persuasive speech - a variety of the discussions about our opinions on certain examples
I think the feedback after every speech helped tremendously because I used that to help me improve for my next speech. Just always giving feedback in general because some professors give you a grade with no explaining and by having the feedback I know what I can do better next time and improve. Her words were honest but kind and caring and truly helped my speech anxiety.
All of them
The perspective speech and cultural commitment speech.
The first speech that comes to mind that made me feel more included as an individual was Speech #4. To be able to rant about whatever topic I felt like was incredible, especially during a time when finals were just around the corner. The second would be speech #3, the AHA speech. The freedom of the speech really allowed individuality to shine through from cooking to video games to rave culture. Anyone and everyone could talk about what made them who they are.
1. The impromptu speech made me feel like I got to know the professor and my classmates more than the first personal speech. Maybe lead the class off with an impromptu speech? 2. The group presentation made me feel really included.
The first activity we did helped with describing who I am. We had to present items that described us.
When we had to describe ourselves with other culture identities. Discussion bored with picnicking our point of views.
1. Cultural commitment speech 2. Group speech
I enjoyed all of the speeches. My professor's speech assignments were very free and broad; students were allowed to speak about anything, as long as it was applicable to the skills that we needed to incorporate. For example, for our last speech, the persuasive speech, I talked about fast fashion, while others talked about universal basic outcome, nicotine in teens, and much more. The extra-credit opportunities were also very inclusive. Although I did none of them, I thought it was nice to let students express their thoughts for free points.
I liked that all of the speeches were almost completely open ended, in the sense that I could make it about any topic that I was interested in as long as it followed the general guidelines.
Discussion Topics and Extra Credit Assignments. The main subject of this course is communicating, moreover these activities were very helpful to support my ideas of making speech. Especially, Week 6 Visual Aids and Analyzing Advertisement Topics.
All of the speeches.
discussion response to classmate
group informative speech, and the introduce yourself speech.
One assignment that helped me learn about myself was any of the readings in the public speaking book. It was super informative. Another activity was the persuasion speech because it gave me the opportunity to pick the topic that I was really interested in talking about.
I thought the first activity where we had the opportunity to introduce ourselves was a good way to make one feel included. The quick response to emails and asking everyone for feedback during the zoom sessions helped.
The case study on Mental Health I learned so many different things from the group's speech. The Personal Interview assignment made me explore a person I admire more deeply.
cultural commitments speech, reflection paper #1
the culture speech let me speak about the parts about my culture and the group speech made me feel a lot more included.
The four discussion posts that was assigned and answering them in my own perspectives. Also reading other posts by my peers helped me understand their perspective as well.

Question: 28. Describe at least 2 specific activities, assignments, speeches, or discussions by the instructor which made your learning feel more inclusive of who you are as an individual?

Response
All the speeches
The whole climate was really relaxed. No matter how bad you where he still talked about the good aspects. When it came time to discuss what you could do better there was not scolding rather a slight push towards greatness.
There were other people there and I wasn't the only person asking question.
none
The quizzes and discussions were helpful.
Good email discussions on culture
discussion regarding ethos, pathos and logos presentation regarding social networking service impromptu speech (so interesting and helpful)
facilitation and participation in other facilitations
The introduction and informant speech were both good because I was able to talk about myself and I could research a topic I was interested in.
Impromptu speech. This required flexible brain storming, but it was so fun. Discussion board. We can know other idea by discussing each other.
Discussion Board X and Discussion Board 3 were one of the assignments that helped me to understand more about who I am as an individual because in the Discussion Boards you can compare with others and others opinions and thoughts so that you can see where your opinion is standing and what your individuality is compare to others.