**Best Start Palmdale | Public Speaking Self-Assessment**

On a scale of 1 to 5, please score yourself on the following:

1. How comfortable to you feel speaking in front of a small group of people (4- 10 people)?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Very uncomfortable | Somewhat uncomfortable | Not sure | Somewhat comfortable | Very comfortable |

1. How comfortable to you feel speaking in front of a large group of people (10 or more people)?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Very uncomfortable | Somewhat uncomfortable | Not sure | Somewhat comfortable | Very comfortable |

1. When talking to other people about Best Start, I am comfortable and confident sharing what Best Start is about.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly Agree |

1. How comfortable do you feel doing community outreach (i.e. tabling, passing out flyers, talking to people door-to-door)?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Very uncomfortable | Somewhat uncomfortable | Not sure | Somewhat comfortable | Very comfortable |

1. Do you think you learned or participated in something valuable today? Please explain.