

## De Anza College Office of Institutional Research and Planning

**To:** Russell Hong, Instructor  
**From:** Mallory Newell, De Anza Researcher  
Jerrick Gemena, Student Assistant  
**Date:** 01/19/2017  
**Subject:** PRCA-24 Post-Survey- Fall 2017

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The PRCA Post survey was administered at the end of the course in Spring 2017. This resulted in 222 valid responses.

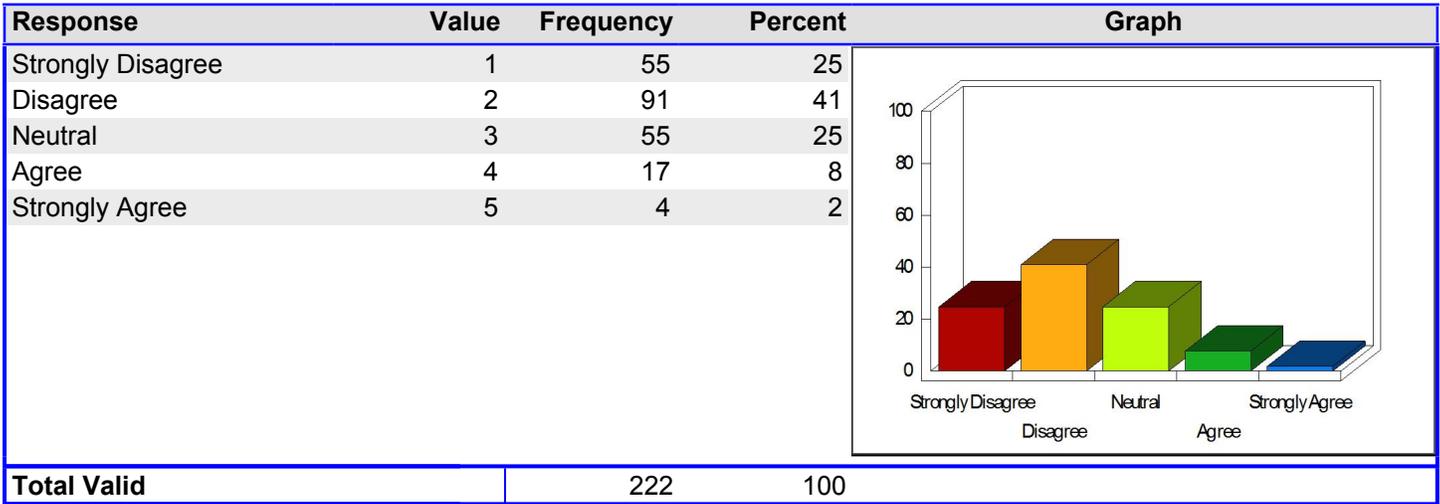
Important highlights include:

- 65% (146) of respondents like to participate in group discussions, 25% (55) are neutral and 10% (21) prefer not to participate in group discussions. (Question 1)
- 67% (147) of respondents agree or strongly agree that they are comfortable while participating in group discussions. (Question 2)
- 59% (131) of respondents agree or strongly agree that they like to get involved in group discussions. (Question 4)
- 56% (124) of respondents agree or strongly agree that they are calm and relaxed while participating in group discussions. (Question 6)
- 59% (130) of respondents disagree or strong disagree with ordinarily feeling tense and nervous during conversations. (Question 15)
- 57% (126) of respondents disagree or strongly disagree that they are afraid to speak up in conversations. (Question 18)
- 85% (188) of respondents agree or strongly agree that they feel valued and included in their speech class by their instructor and peers. (Question 25)

# Fall 2017 PRCA-24Post

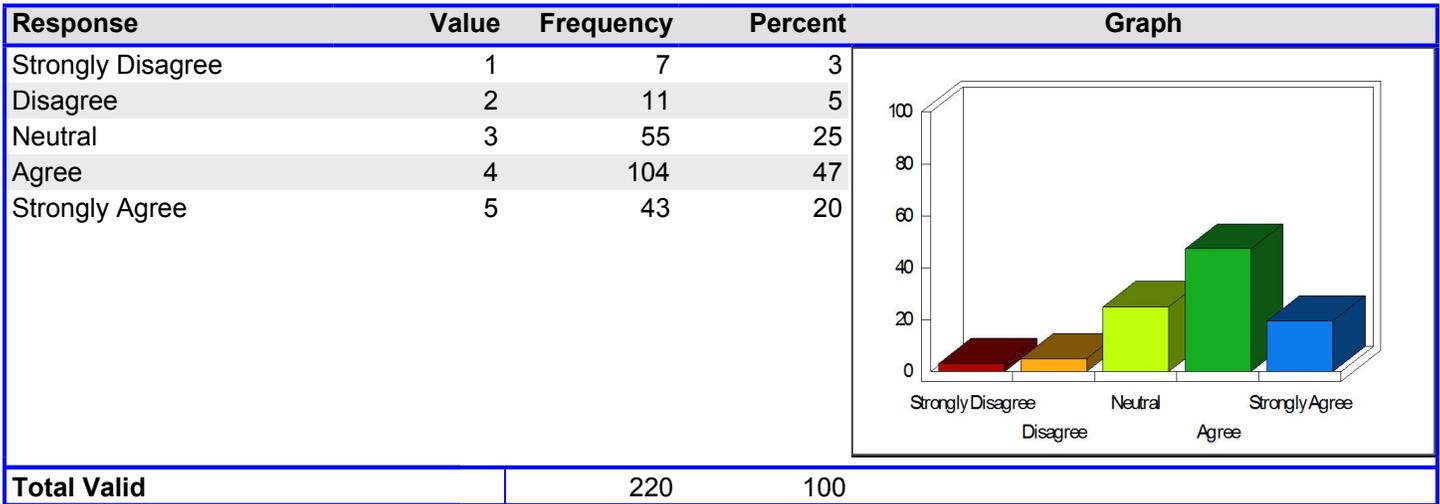
1. I dislike participating in group discussions.

Mean: 2



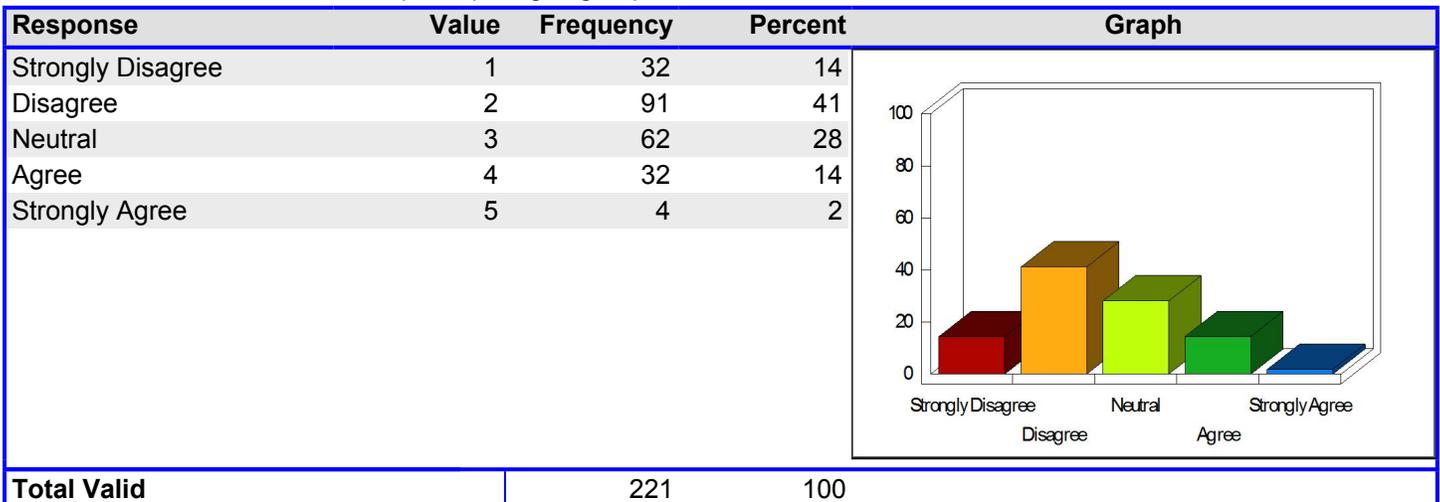
2. Generally, I am comfortable while participating in group discussions.

Mean: 4



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

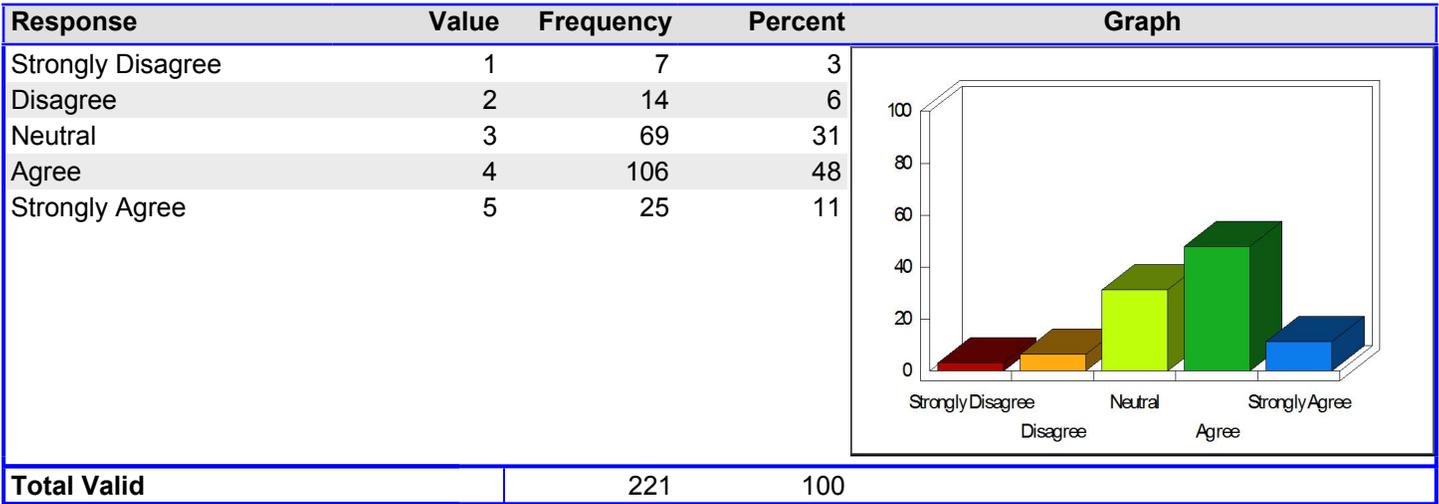
Mean: 2



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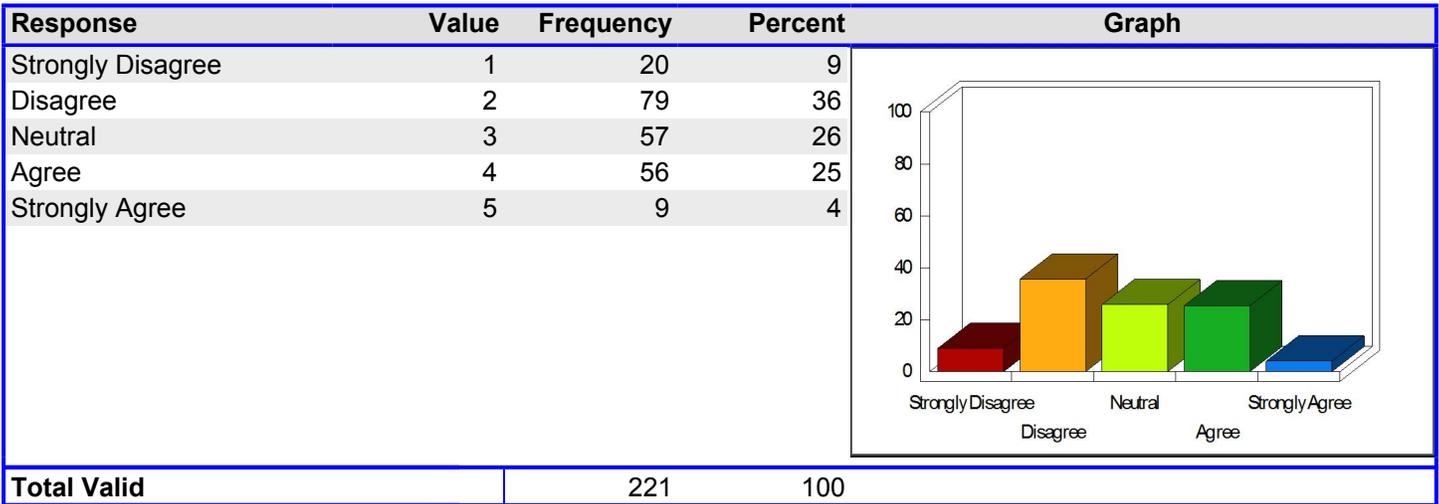
4. I like to get involved in group discussions.

Mean: 4



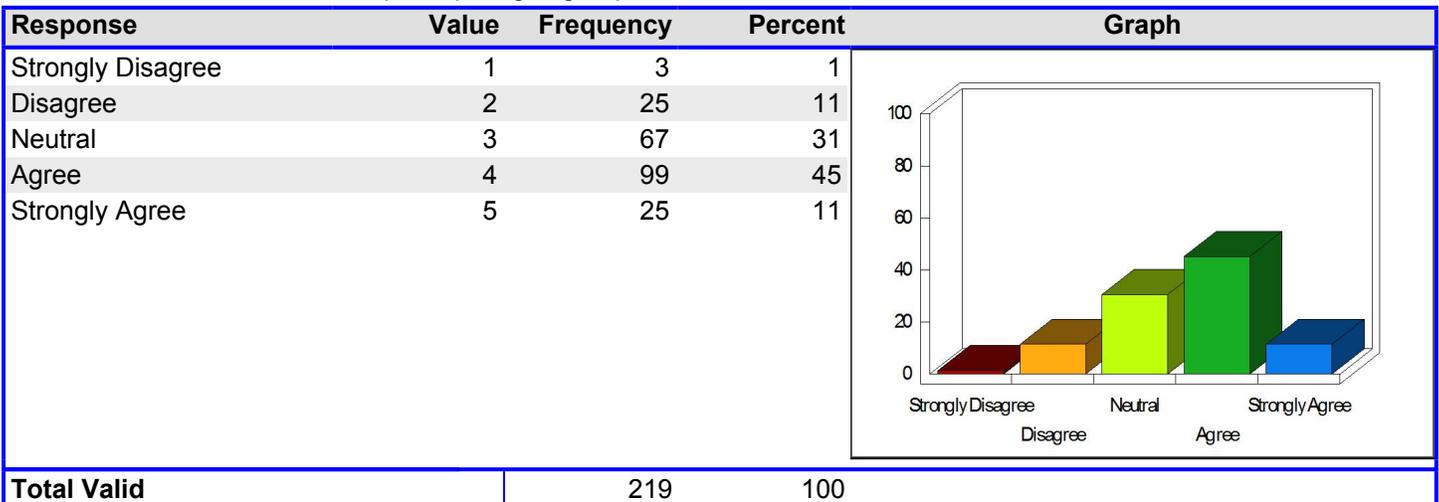
5. Engaging in a group discussion with new people makes me tense and nervous.

Mean: 3



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

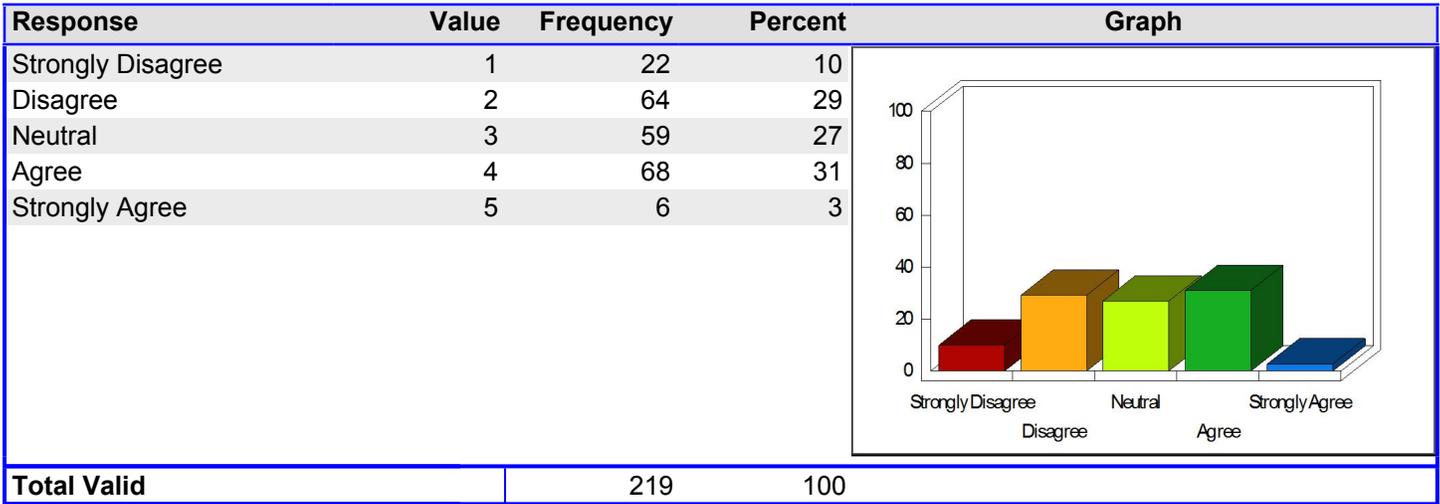
Mean: 4



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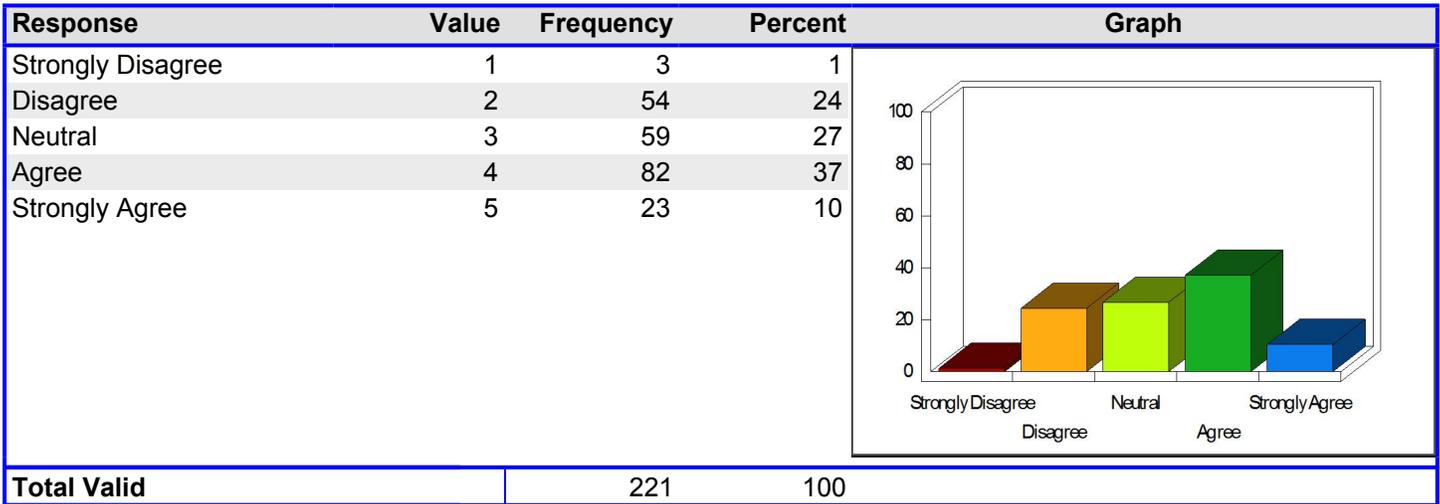
7. Generally, I am nervous when I have to participate in a meeting.

Mean: 3



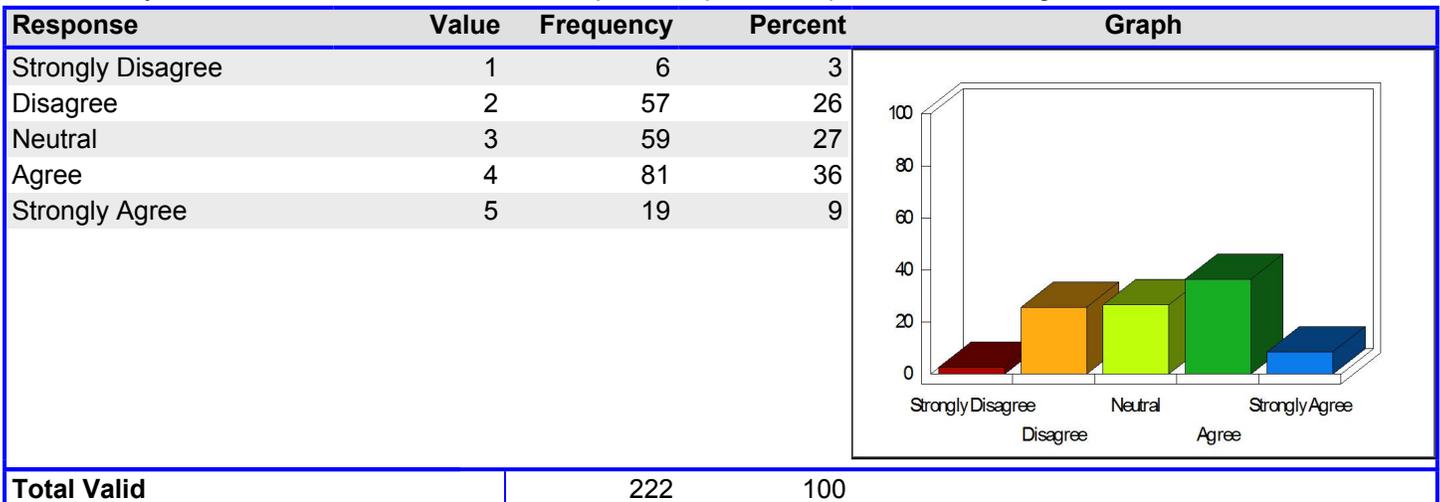
8. Usually, I am comfortable when I have to participate in a meeting.

Mean: 3



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

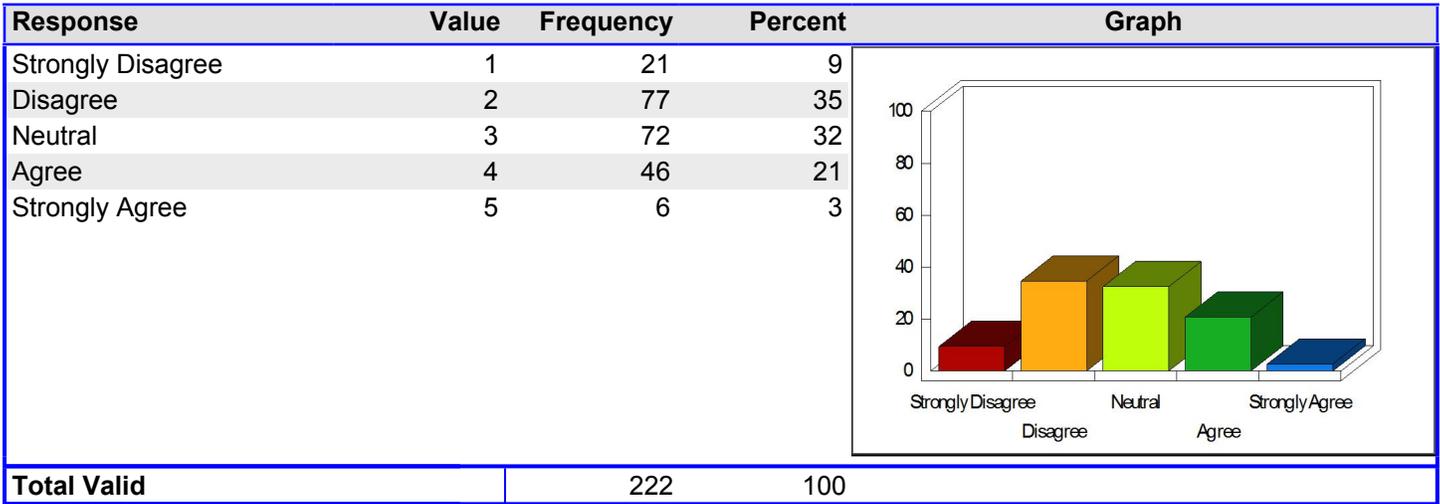
Mean: 3



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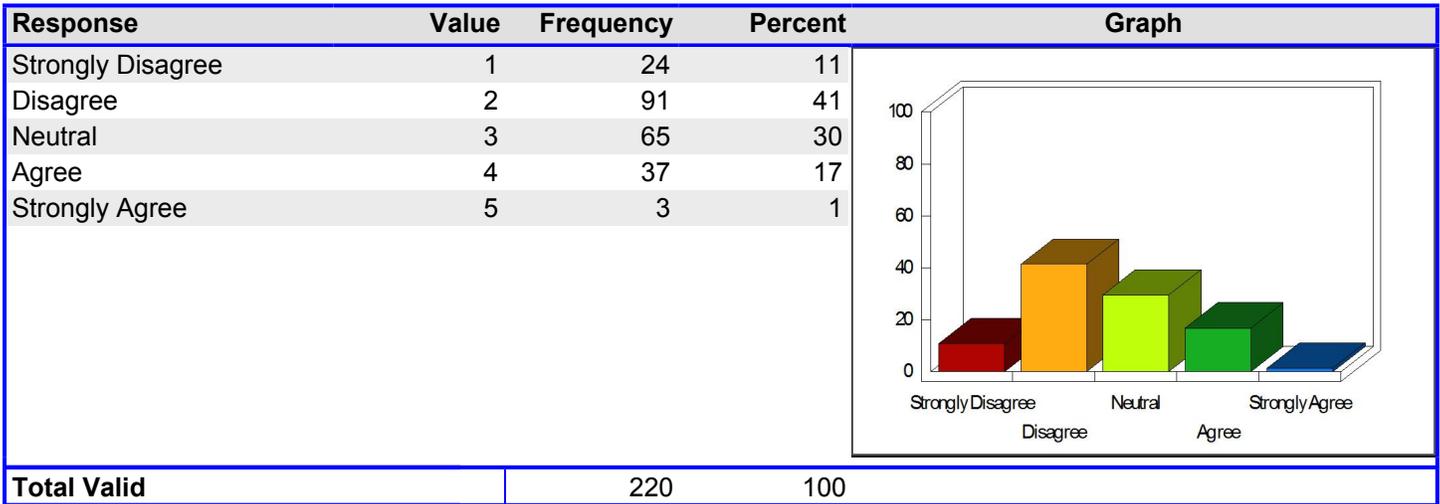
10. I am afraid to express myself at meetings.

Mean: 3



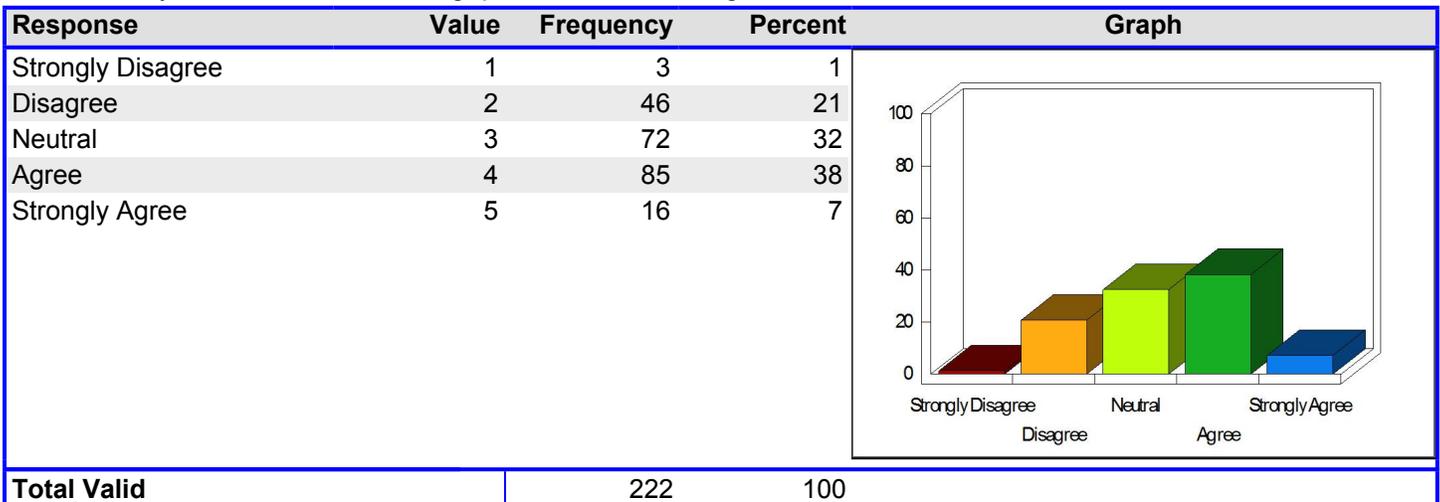
11. Communicating at meetings usually makes me uncomfortable.

Mean: 3



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

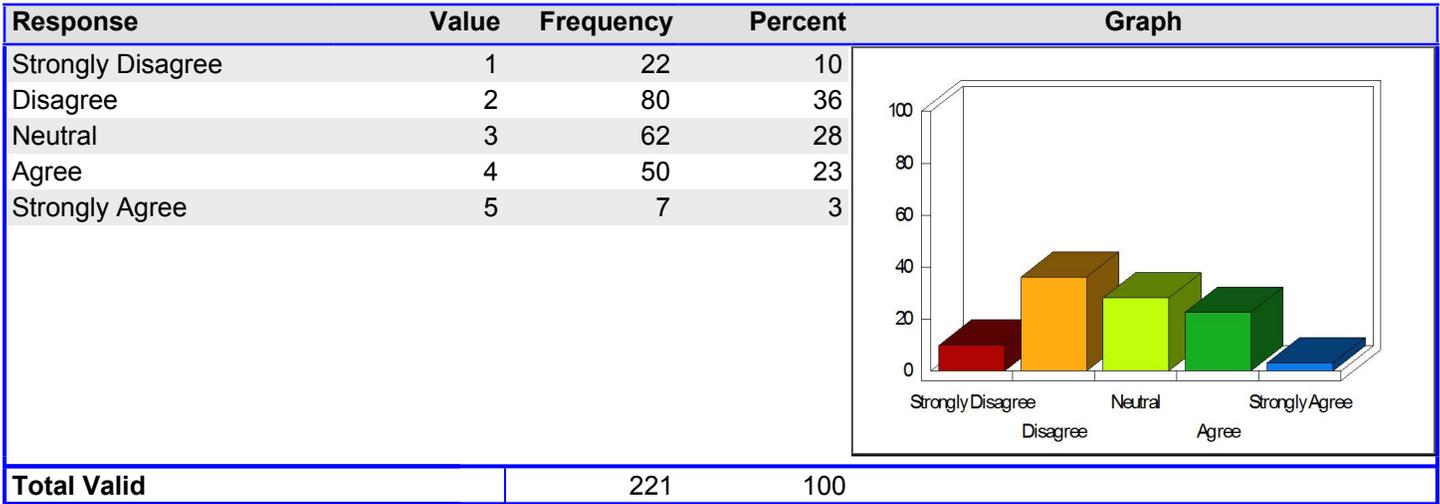
Mean: 3



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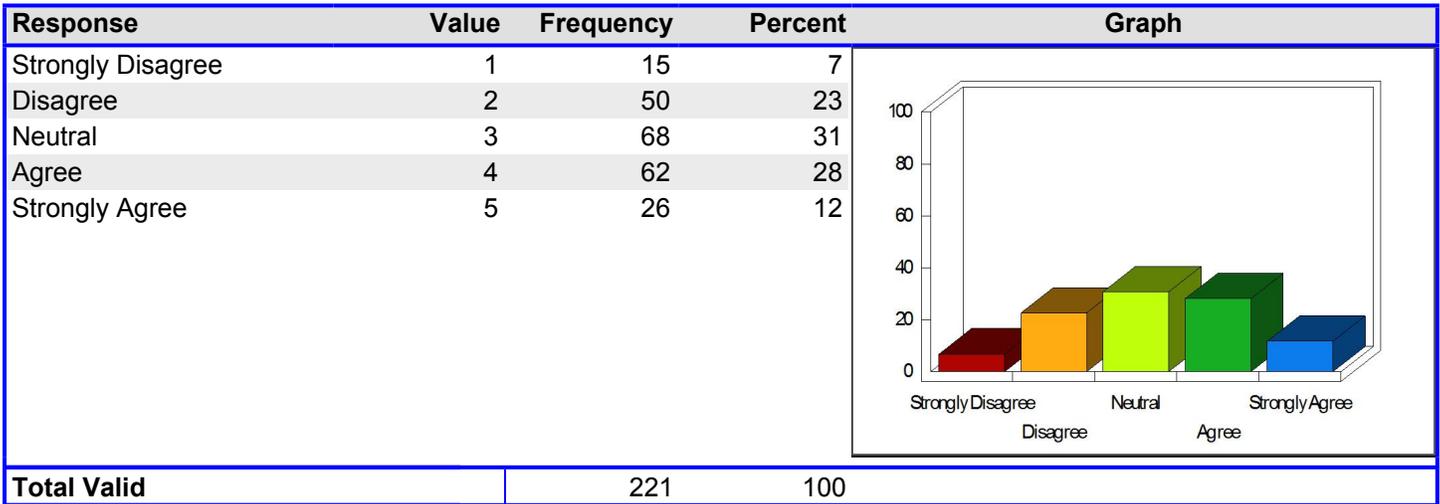
13. While participating in a conversation with a new acquaintance, I feel very nervous.

Mean: 3



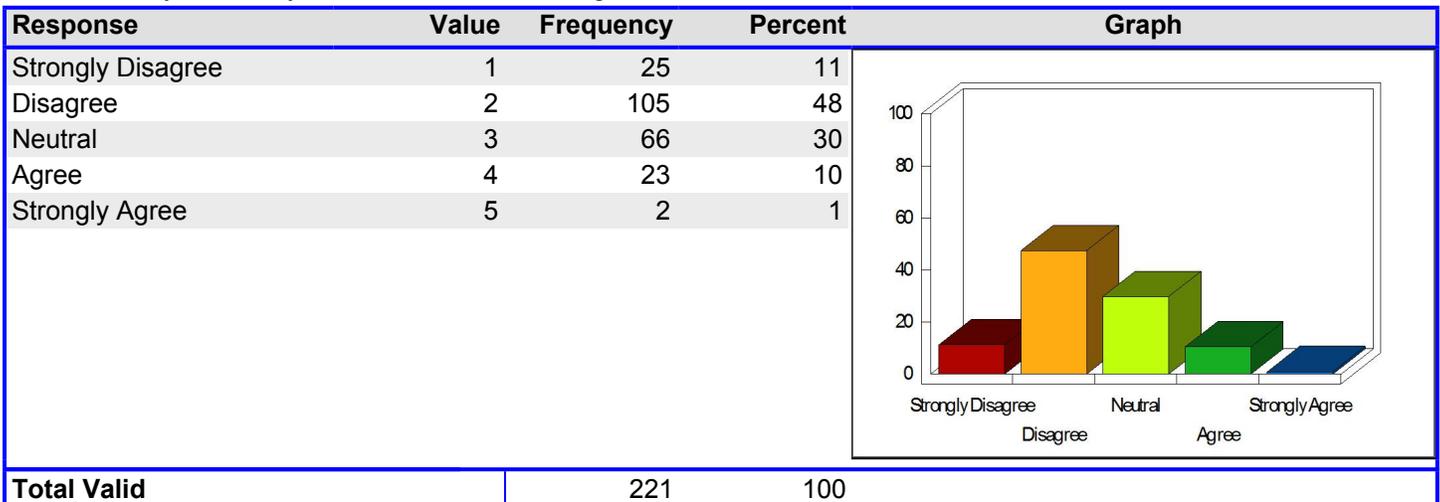
14. I have no fear of speaking up in conversations.

Mean: 3



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

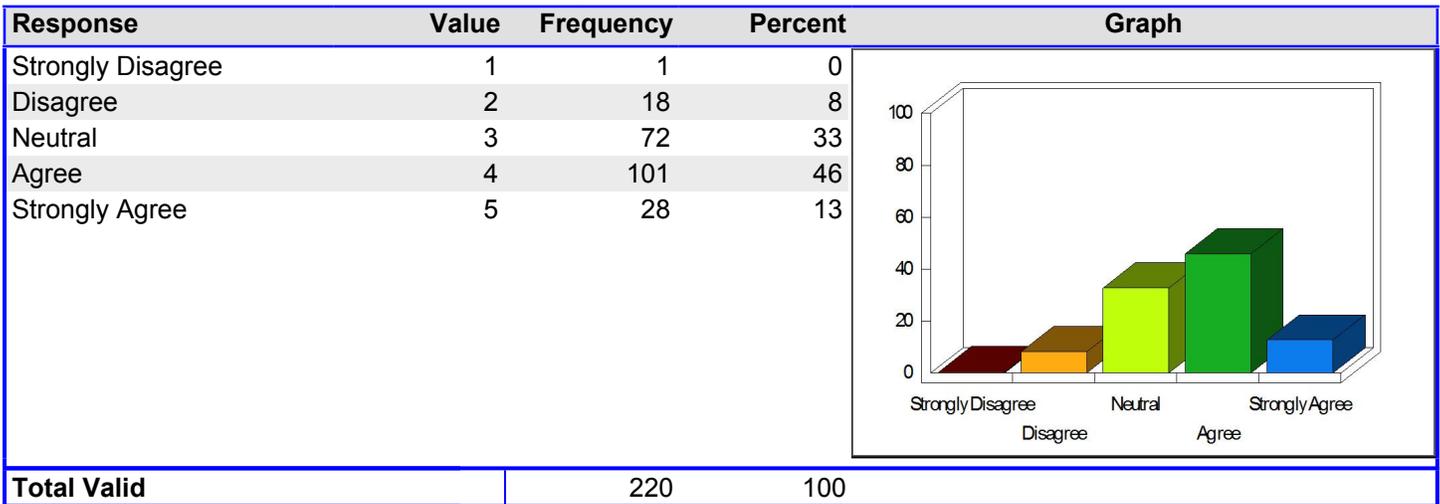
Mean: 2



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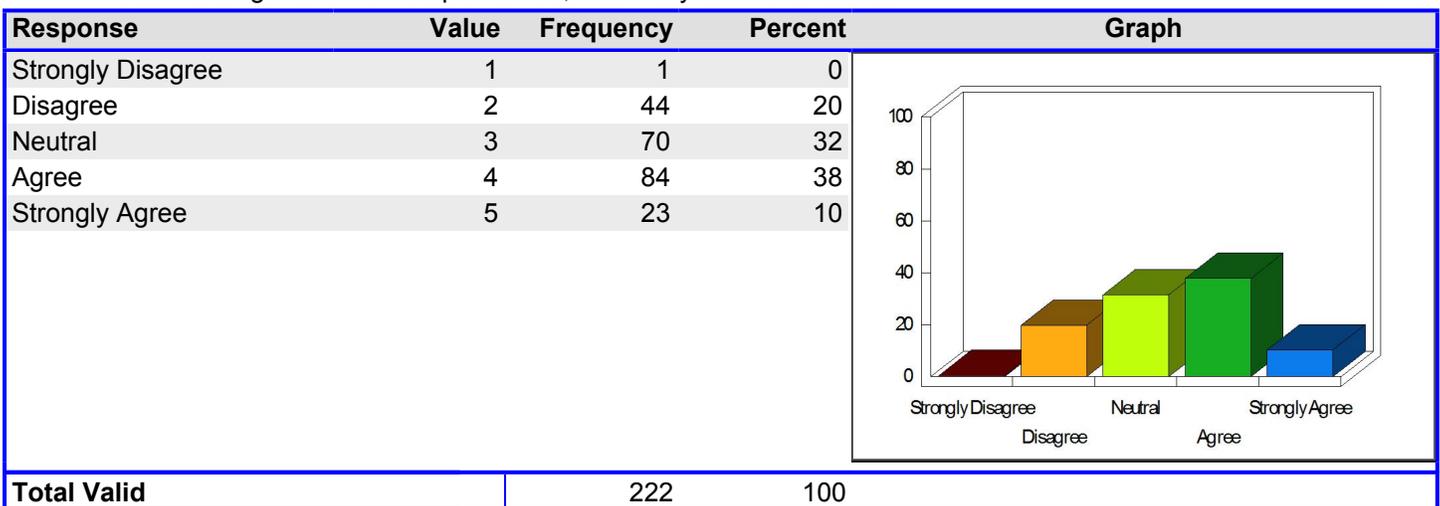
16. Ordinarily, I am very calm and relaxed during conversations.

Mean: 4



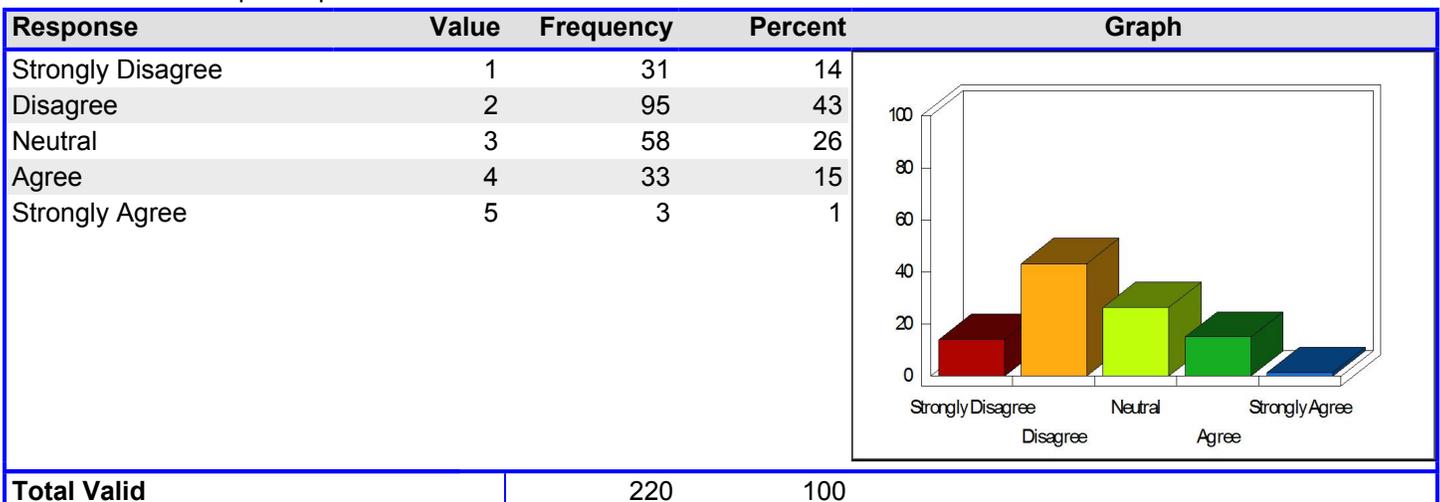
17. While conversing with a new acquaintance, I feel very calm and relaxed.

Mean: 3



18. I am afraid to speak up in conversations.

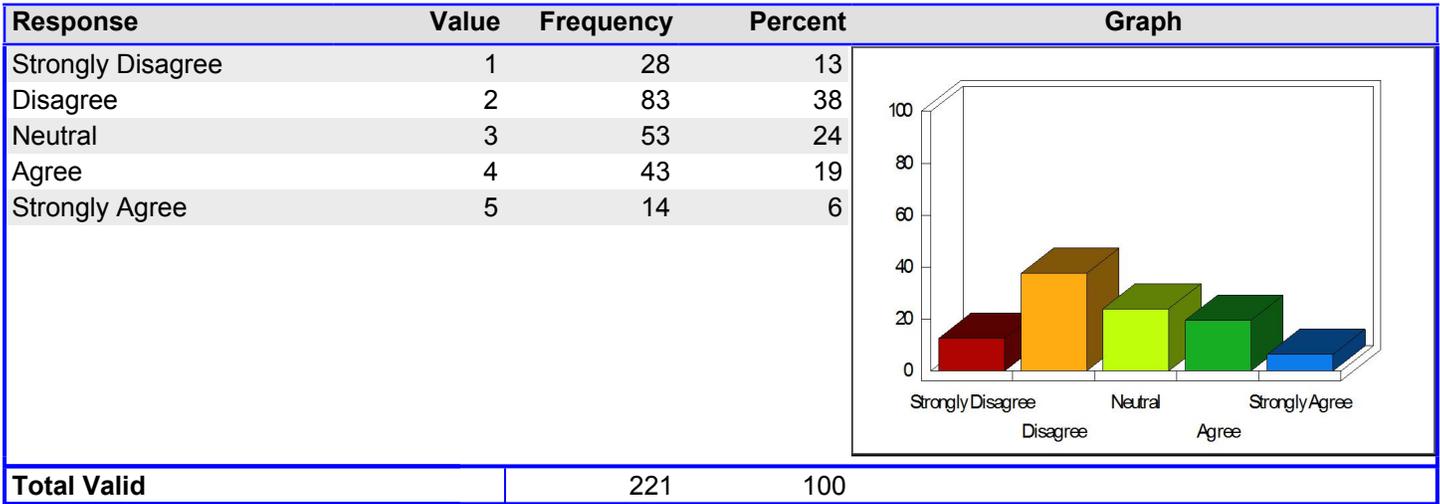
Mean: 2



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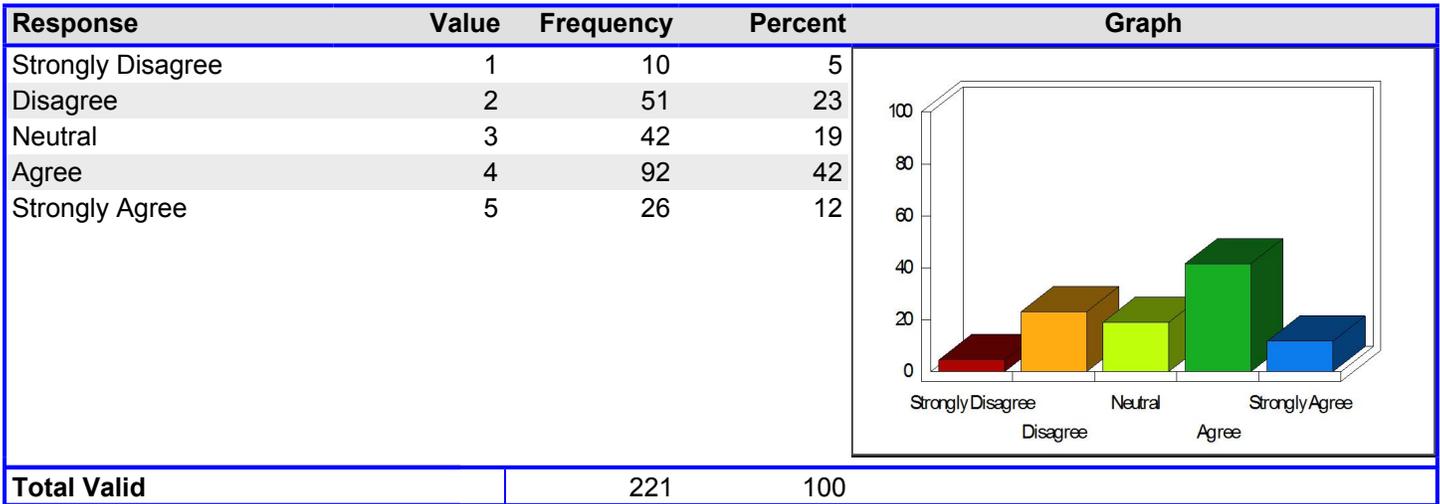
19. I have no fear of giving a speech.

Mean: 3



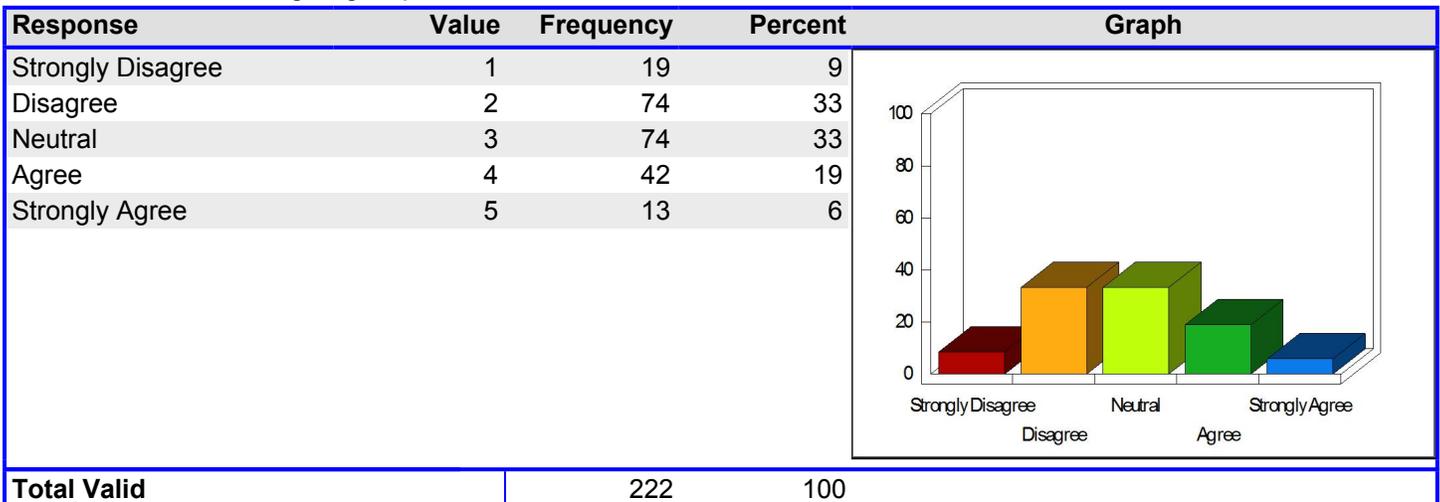
20. Certain parts of my body feel very tense and rigid while giving a speech.

Mean: 3



21. I feel relaxed while giving a speech.

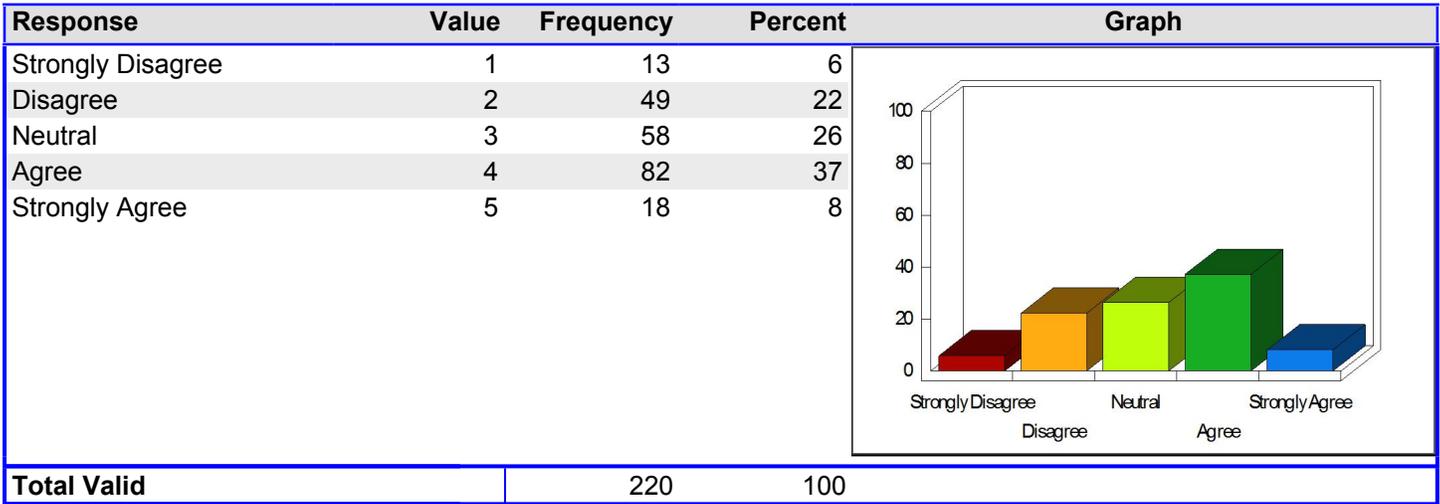
Mean: 3



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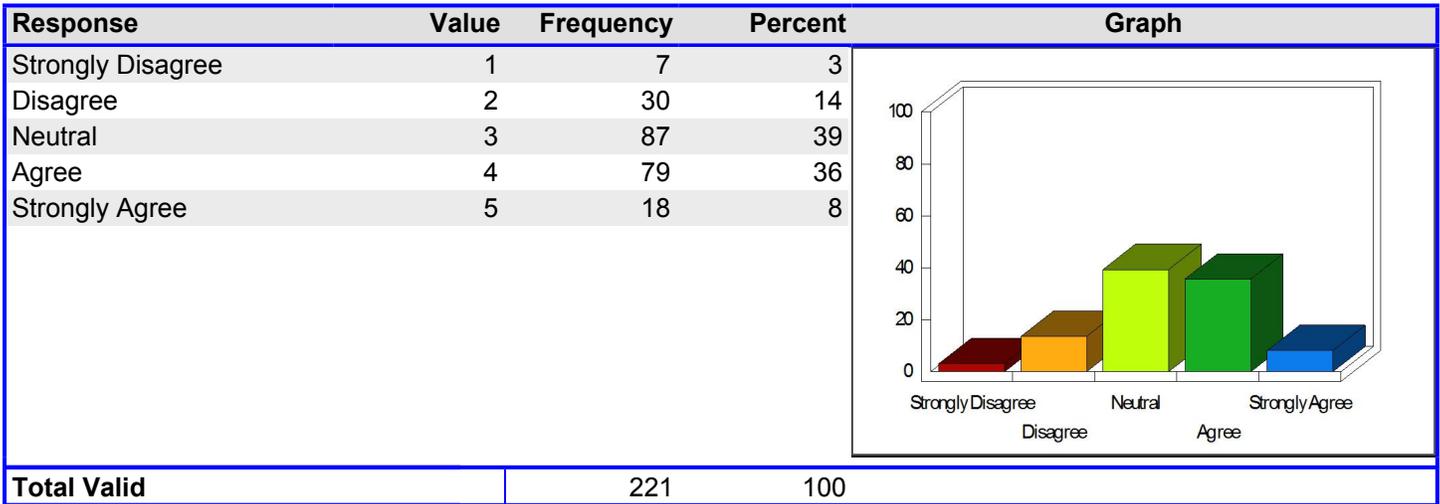
22. My thoughts become confused and jumbled when I am giving a speech.

Mean: 3



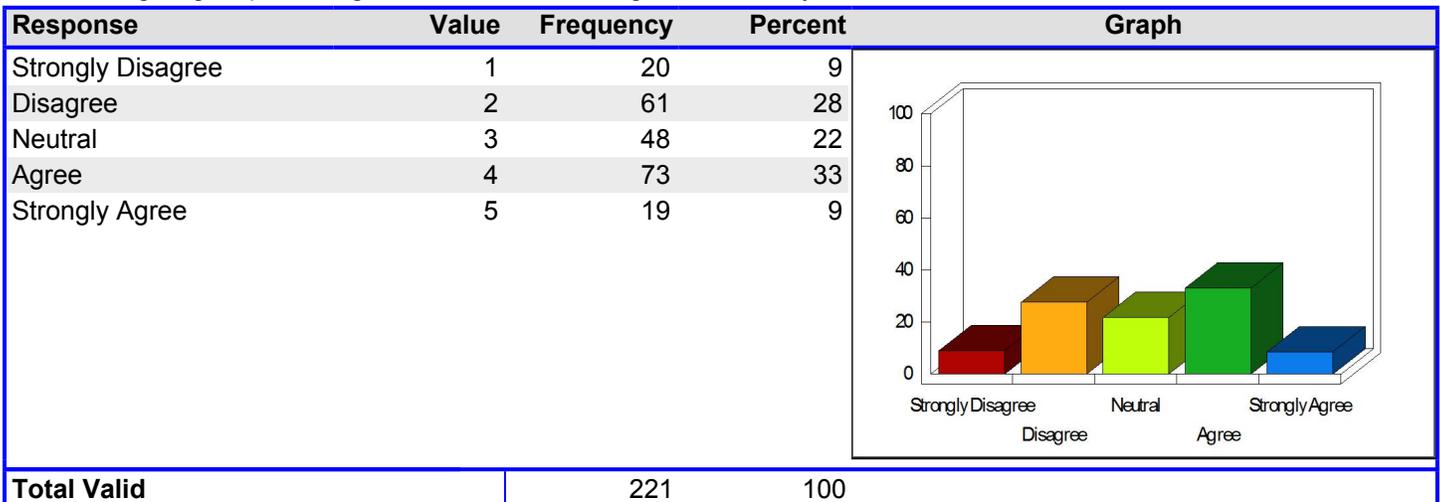
23. I face the prospect of giving a speech with confidence.

Mean: 3



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

Mean: 3



# Fall 2017 PRCA-24Post

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

Mean: 4

Response	Value	Frequency	Percent	Graph
Strongly Disagree	1	1	0	
Disagree	2	3	1	
Neutral	3	29	13	
Agree	4	98	44	
Strongly Agree	5	90	41	
Total Valid		221	100	

Time

Mean: -

Response	Value	Frequency	Percent	Graph
	-	1383	100	
Total Valid		1383	100	

Date

Mean: -

Response	Value	Frequency	Percent	Graph
	-	1383	100	
Total Valid		1383	100	

## Fall 2017 PRCA-24Post

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

Respondent	Response
1	demonstration speech and introduction speech
2	repetition and getting to pick my topic
3	Repeated speech and practice
4	The speech assignments provided means to improve communication apprehension
5	I think my communication apprehension may have increased. I think its mostly because its worth so much of our grade and the grading feels pretty strict.
6	with the second speech we were in groups and once the group finished we were divided into smaller groups to discuss the topic, I really enjoyed that.
7	Engagements and Dinner Parties
8	The debate
9	Work of my teacher Stephanie who engaged everyone and gave us a rhythm and understanding how work should be done
10	All group assignments helped reduce my communication apprehension.
11	I have never been afraid of public speaking, but I have never had to do a "formal" presentation. I have been able to learn different attention getters, committing to a formula, practice, and the best thing you have taught us is to, "have fun with it".
12	I believe the group work was very helpful during this quarter as it seemed as everyone began to get more comfortable with each other.
13	One of the activities that helped reduce my communication apprehension was when the class discussed difficult times in our lives. This gave everyone an opportunity to learn about one another on a personal level.
14	mostly the speeches presenting helped me reduce my apprehension of speaking to the class.
15	Being able to talk to everyone in the class and have a conversation helped me not be nervous while giving speeches
16	Speech 1, Group Discussions
17	Dinner party, informative speech
18	Getting to interact to the other classmates priot to giving the speeches made it less intimidating when it came to being infont of the class presnting.
19	Group participation
20	Getting to know the audience (classmates and professor) beforehand
21	What really helped me with my communication apprehension was the engagements. They helped me build confidence and reminded me that I know what I am discussing.
22	Practicing parts of my speech in front of one or two people before giving the whole speech to the entire class
23	Informative speeches, Debate and perr review heled me to reduce my communication apprehension.
24	while reciting your rough draft to peers i feel like that has helped me because it gives me a sense of who I'm talking to.
25	The group activities that we had during class helped me feel that I knew my classmates well, which made my communication more open.
26	The engagements and dinner parties were really helpful. They helped me get more and more comfortable with my peers before we had to do a speech.
27	The group discussions were great ice breakers talking with different groups of people

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

Respondent	Response
28	I enjoyed hearing everyone's story during one of the engagements because I have never heard the story of other people and in the moment I thought to myself that everyone is an individual living their own life. We don't have deep conversations with people who we barely know.
29	Writing my speeches out and revising them helped me feel more comfortable when presenting came.
30	every group discussion and dinner party is so helpful to be more confidence in participate.
31	Talking together as a class because I got to know my peers more and become comfortable around them.
32	Being able to use your outline during speech
33	i believe the improve five step method help a lot.
34	The impromptu speeches really helped me get to know my classmates better. When it was time to give my major speech I felt a lot more comfortable because I had a better connection with my peers.
35	Daily speeches really helped me get comfortable with speaking in front of the whole class.
36	group assignments which helps to get to know the people and feel more comfortable during a speech
37	The small speech activities and getting to know my peers as well as the 4 major assignments.
38	Watching the videos helped me with speech.
39	Small group activities.
40	Getting familiarized with classmates.
42	Speeches
43	Class discussions definitely helped reduce the nervousness I felt about speaking up in front of others.
44	group meetings helped me reduce my communication apprehension.
45	Every group discussions and two of speeches that i had done in this class all helped me to reduce my communication apprehension.
46	We did an engagement where we spoke about a hardship that made us who we are.
47	The second and third speeches helped me become better at speaking up in class.
48	The naming activities.
49	I really liked to practice public speaking, and four speeches are really a good number to make you get started and understand your strengths and weaknesses.
50	i enjoyed the first speech in which i had the chance to speak about my idol. also i enjoyed the discussions online and to see what everybody else thought on the matter
52	one on one exercises with classmates eased my anxiety such as getting to conversate and speak about them in the class. Also swapping stories and going up and telling the stories.
53	Instead of being very book heavy and directed, the instructor weaved the readings into short speeches that we in the class would have to use when we would be called on during roll call to present. Another thing would be doing exercises that would get the class hyped up to perform in front of the class, such as the deviant for a day act.
54	the breathing techniques.
55	frequent group activities

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

<b>Respondent</b>	<b>Response</b>
56	self critique
57	discussion after every Speech in the class. got the feedback from classmates and teacher.
58	The personal struggles speech and the untangling group exercise
59	group projects / group discussions / group presentations
60	I liked doing the impromptu speeches. I/we weren't expecting it so by having to do these randomly, we kind of got to learn how to speak better especially at random
61	My apprehensions was never very high, the activity that I had the best time doing was the informative speech where I got to tell my fellow classmates about my favorite subject.
62	multiple speeches and practices helped me become more confident
63	I felt much comfortable when giving imformative speech than before.
64	- all of them
65	group speeches
66	Any group building activities we did were really helpful in making me feel less uncomfortable when giving a speech because I got to know the people around me.
67	All the impromptu speeches and minor speeches helped break the ice when it came to giving major speeches.
68	All the speeches except the famous speech I liked.
69	Breathing
70	Demonstrative speech.
71	Having to give speeches.
72	Practicing the speech beforehand, impromptu speeches, constantly delivering speeches.
73	-Famous Speech -Impromptu Speech
74	The Informative speech during the question answer session.
75	Some assignments that helped reduced my communication apprehension were the Case Study, Ice Breakers, and lots of positive attitudes that helped keep the class upbeat.
76	Presenting in front of the class.
77	improptu speeches
78	Giving speeches and being critiqued by peers and my teacher.
79	the short engagements
80	the introduction speech
81	Having mini presentations as attendance to get me use to the idea of being the center of attention. The minor presentations were easy and personal so there was no stress about learning material. The major speeches were great ways of putting the experience of mini/minor presentations to use.
82	Presenting different forms of speeches in-front of an audience and getting feedback from the professor and other students help to improve my anxiety.
83	individual speech, group presentations
84	Regularly giving speeches about topics that I am interested in.
85	The three major speeches we gave helped me during this quarter.
86	Giving speeches so often helped reduce y speech anxiety
87	The facilitation, think pair shares, and class discussions

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

<b>Respondent</b>	<b>Response</b>
88	The hour long facilitation Russell had us do was very cool. I knew I liked giving speeches but after that, I now know that I also like facilitating a class full of people.
89	Starting with low-key assignments so the class could get to know each other really helped increase how comfortable we felt with each other.
90	Speech Exercises helped classmates become familiar with each other, so we are more comfortable as time passes.
91	Personally, repetition is what helps me improve on my public speaking. The last speech we did in class was the one I was the most comfortable.
92	I think the life advice speech helped me reduce my apprehension because it is one of my favorite type of speech to deliver
93	I would say the informative speech reduce my communication apprehension because I know what to talk about a topic that I enjoy and be more logical with the facts.
94	Life advice , kinda makes me feel comfortable because students are sharing their personal values.
95	Group worked help me reduce my communication apprehension. I was able to express my ideas and talk freely to my group.
96	every class has a group chat, that helped me more outgoing.
97	individual speech
98	doing presentations
99	Doing project as a group made me interact with native and international students, which help me express myself more.
100	Every presentation can help me to reduce my communication apprehension.
101	I think the final project of taking the video can reduce my communication apprehension. As this activities need us to communicate with group mate and think the idea together. If we lack of communication, we must not finish the whole project. So we need to communicate to discuss about the work. So this reduce my communication apprehension.
102	:)
103	The activites like Peer review , small group project and the informative speech helped me to reduce my communication apprehension.
104	I think it was more so the fact that we had to speak in front of the class during at least half of our sessions together. I think that practice alone really helped us to get to know the rest of the class and allowed us to practice, especially since we were not provided a lot of time to prepare for a lot of the drills.
105	During this quarter, having peer reviews really helped me understand how my speech giving was and reduced my communication apprehension by realizing that although my speech is good, there are ways it can be better. Having an introduction speech at the beginning of the class really helped us actually get to know each other. Although, having had more group discussions or talking to other classmates that did not sit at our table would have helped all of us become less nervous about our speeches.

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

Respondent	Response
106	People generally encounter some level of anxiety before and while giving a speech. For me personally, I find that with time and practice, particularly in presenting more comprehensive speeches in front of the same audience, my anxiety coming into the speech decreases. If I were to have my speech in front of a different audience, then my anxiety would obviously be slightly more intense. Initially, I over-prepared for my speeches, typing every single word that I would say and rehearsing multiple times until I nearly had the speech memorized. Admittedly, I still type out my speech because it is my way of gathering my thoughts, making sure that my syntax and content makes sense. However, with each speech I rehearse less and less because somehow I'm more confident in my ability to deliver a solid speech. I'm still no good at improvising, so if I ever come to that point, my anxiety would spike.
107	I love working with my team because it was a good chance for me to know how to deal with different opinions, as well as different personalities. I like Self-in-a-bag too.
109	I feel like I am more confident in speaking in front of a lot of people than I used to, because throughout this quarter I have gave 7 speeches, each one helped me to get better and better.
110	I don't remember to be honest but I got more comfortable over time.
111	individual speech
112	In class debates about certain subjects.
113	I think the engagement speeches and intro speech helped reduce my apprehension as they really allowed the class to sort of bond and get to know each classmate through their speech topics and ideas.
114	The activities some of our classmates leaded up.
115	Meeting new people who were really welcoming helped reduce my anxiety and knowing whatever I said didn't matter as long as I spoke.
116	- the fact that we give speeches so often, almost every week
117	The informative speech helped me reduce my communication apprehension because it allowed be to talk about something I love and am passionate about. I also enjoyed the performance engagement because I was very comfortable and excited about doing it.
118	group work like discussions and presentations
119	All 3 speeches
120	I think because my speeches were on topics that people would think as extreme, I think being able to be open about that kind of stuff made me more vulnerable to my audience, making me kind of more confident.
121	learn "Public Speaking" knowledge, do class activities can promote my communication skills. Therefore, these abilities can reduce my communication apprehension.
122	Eye contact activity and group discussions.
123	talking in a group
125	All of the speeches
126	Just giving speeches was pretty helpful.
127	When being in small groups.
128	being in small groups
129	The speech debates really helped. Learning more about how to give a speech and the factors in giving one. Also making outlines for speeches to help order my thoughts.
131	Outlining before presenting a speech helped me improve myself this quarter.

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

<b>Respondent</b>	<b>Response</b>
132	I really enjoyed the engagements. They all allowed me to feel a little more relaxed before the big speeches, and were very fun.
133	Working in groups and the professor coming around helping us out really helped.
134	Defying norms with a group
135	I learned a great deal when doing the online critique assignments. This really got me thinking about the type presentations and speeches make. Evaluating online speeches helped me look at what I needed to improve on in my own speeches.
136	When we did speeches, hello, that was a huge one for me. The giving of oral presentations helped me out very much in overcoming fear and creating an outline made it easier.
137	Informative speech, group discussions, group projects in class
138	Peer review and in class speech activity with group
139	The minor speeches and (almost) daily questions really helped reduce any tension or anxiety I felt when having to speak to a group of people.
140	-The Famous Speaker Speech -Getting to know the class activity
141	Two group presentation and an one person presentation helped me to eliminate my fear of speech,
142	speeches
143	In class activities.
144	Really just doing more and more and seeing nothing bad would come from doing it.
145	I think the speech assignments that we were able to personalize helped me talk to talk about them easier
146	None of the assignments really helped reduce communication apprehension.
148	All the minor impromptu speeches we did during the week really helped everyone in the class become a little more comfortable with each other.
149	Beings in groups and getting to know others
150	Basically getting to know everyone
151	the multiple small questions we answered most days about random topics
152	With each speech we did it got easier, but the one I felt made me feel the most confident was the informative speech.
153	impromptu speeches, answering during roll, minor speeches, major speeches, practicing talking
154	deep breathing
155	In my opinion, the lecture "Beginning and ending a conversation" is very helpful for me. I know how to start a conversation with a stranger in public now.
157	Activities like talking with table mates.
158	individual speech
159	Practicing before presenting
160	Changing tables a couple times to meet and talk to my other classmates Having a stable group table to talk to
161	Quizzes helped a lot
162	While delivering my speech in groups, I feel very relaxed rather than completing speeches individually.
163	giving those 1 minute speeches really helped me with getting up there and speaking in front of an audience.

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

<b>Respondent</b>	<b>Response</b>
164	The daily questions that we would go in front of the class to answer really helped me feel less anxious and have better communication skills for major speeches.
165	The self-in-a-bag speech and the last group presentation where we could make a newsletter or a video (my group did a video)
166	Pretty much all of it.
167	Especially the speeches helped me a lot to reduce communication apprehension. Group discussions on specific topics and then speaking in front of class also helps me a lot.
168	unprepared presentation
169	What helped me boost my communication this quarter was doing a short speech each class session. It made me get use of speaking in front of people, therefore when I did a major speech, I don't get as nervous.
170	giving speeches
171	Self presentation
172	Going into groups to discuss each speech topic helped reduce my communication apprehension
173	Any group presentations
174	When we started giving an speech we will have warm up or actual practice that helps us reduce the stress.
175	Review my speech before the class starts.
176	The class facilitation.
177	Speeches such as the informative and persuasive essay definitely helped me reduce my communication apprehension.
178	the speeches themselves
179	I enjoyed the informational and persuasive speeches the most, I felt they helped me improve my public capabilities.
180	The persuasive speech was the best speech for me because it was something I didn't need note cards for it. I had so much experience in that department so it was just sharing second nature knowledge.
181	The thing that helped the most were the fun topics we got to choose from because that allowed me to tell the class some entertaining experiences throughout my life and I feel like that makes us a lot closer and more comfortable.
182	the major speeches, the outlines, the minor speeches helped me in so many ways.
184	Practicing speeches helped me with my communication apprehension.
185	The fact that we move to sit in different tables and know everyone
186	I understand the differences in what group I am and what I needed to improve on. I need to speak up and stop being the ghost.
187	90 second speeches without incredibly strict grading criteria
188	mini speeches
189	During this quarter, giving small speeches during class helped reduce my communication apprehension.
190	Going up in front of the class and giving speeches helped
191	Whenever we had the speeches at the beginning of class that were semi personal, they gave me an opportunity to speak about something I care about.
192	The mini speeches that we did weekly, helped me a lot when it came to reducing my communication apprehension.

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

<b>Respondent</b>	<b>Response</b>
193	The weekly speeches and mini questions that we were forced to asked made giving speeches in front of the class easier. Through the small activities, the class was able to understand me better, rather than being forced get to know me only through the major speeches.
194	Introduction Speech and warm ups/stretchers
195	It should be the impromptu speech.
196	Persuasive
197	My informative and persuasive speech.
198	One thing that really helped me get over some tension was giving a short(30-second) story before a larger speech
199	the first speech made it a little easier to move forward because it made it clear that almost everyone was afraid of being up there as well.
200	Visual Aid Speech
201	Definitely improved when it comes to structure of a speech.
202	Mini speeches
203	audience question: feel like talking to the audience really enjoyable
204	Engagements
205	Giving a mini-speech every time I come in
206	Knowing the people in the class
207	warm-up exercise
208	Talking between our groups and having mini discussions
209	Breathing exercises, doing speech outlines, and Russell's critique.
210	Engagement speeches
211	minor speeches and impromptu speeches
212	The fact that we get so many chances to express our opinion during the lecture helped a lot.
214	play game
215	Talking amongst the table helped me get to know virtually everyone in the class and helped calm my nerves when talking to them.
216	All of them! Pure practice helped the most. Especially the impromptu speech at the start.
217	the intro speeches and peer feedbacks made it more comfortable to be around my classmates. It lessened the awkwardness between me and other classmates.
218	In class speeches
219	Speaking during class about current events
220	Long speeches/ Topics that interest me
221	Group performance
222	Community engagement speech activity, Speech Difficult dialogues

**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 speech class community.**

<b>Respondent</b>	<b>Response</b>
1	clapping and cheering
2	freedom of topic and everyone getting the same treatment whilst speaking.
3	- Eye contact - Asking questions at the end
4	I experienced encouragement, and interest regarding my speech topics.
5	Participation by others during discussions. Being asked for 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 speech class community.**

Respondent	Response
6	-group speeches, when were are in our own group discussing -engagements each week
7	listening attentively asking questions and giving comments post speech
8	Sitting up straight and giving me full attention Asking questions at the end of my speech
9	They listened and asked questions
10	Silence, and attention to speaker.
11	My classmates are wonderful. Anil and I give each other high fives all the time showing value and respect. Ray respects me and confides in me which I cherish so much. I have the same respect and admiration. This is all because we "hear" or really listen to each other.
12	Anytime someone spoke about sports is was just something I really connected to. Its been part of my life for such a long time that is truly makes me feel good. Another action would be not being ignored with made me feel respected and value as they were hearing what I wanted to say.
13	Everyone respected each other's opinions and beliefs even if someone disagrees. In addition, everyone included each other in the group projects, even if someone was shy.
14	my classmates would always give me a round of applause and give me full attention when i spoke.
15	People I met in class are super chill and during our first group speech we all connected and respected our ideas. Some of mine were used. Everyone in the class is super respectful and it feel like a family where we actually all know each other
16	Questions asked and Nodding
17	classmates were respectful and tolerant.
18	Being welocmed in conversations made me feel comfortable in speaknig out. Also everyone being nice just eased the nervous or being so nervous.
19	They listened, they clapped after my speech.
20	Conversations between us and compliments
21	One of the behaviors that helped me feel heard was when people asked me questions at the end of my speech. It showed that people actually paid attention to what I had to say. Another behavior was another person telling me that I did a good job on my speech.
22	Many people are very attentive during my speeches and make eye contact with me while I am giving my speech. People also have asked me about things I discuss in my speech in normal conversations outside of the classroom.
23	The two activities which helped me to feel respected, valued and where my words were heard in the class were Class debate and the small group discussion.
24	asking questions made me feel like my speech was important to someone else other than me.
25	During my speeches, many classmates would smile back at me which made me feel like I was doing a good job. Additionally, when my classmates participated in conversations that I started, it made me feel valued and respected.
26	I liked how no one ever shot your ideas down or gave you a weird look for expressing your thoughts and ideas. I also liked the idea of having a group, and how we would all speak during our freewrites.
27	Smiling and some head nodding while I spoke helped me feel more confident in 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 speech class community.**

Respondent	Response
28	When my classmates nod their head during a presentation I feel like they are listening to what I have to say. When my classmates ask questions I know they were engaged in my speech.
29	Good feedback and constructive criticism.
30	someone laugh when I make jokes in my speech. and my classmates are look at me when i give speech.
31	They would all pay attention when someone was giving a speech and non of them said anything negative, as far as I'm aware.
32	Constructive criticism and positive comments
33	the attention to me while i spoke. after giving an opinion no stood to rebel.
34	Eye contact and smiling really made me feel valued when they heard my speeches. It made me feel a lot more confident and at some points it was a lot of fun to be the one getting all the attention.
35	When my classmates clapped and laughed at my jokes, it made me feel respected, valued, and heard in class.
36	1. constructive comments after a speech 2. interested people asking questions after a speech
37	They asked questions, they provided helpful criticism
38	Listen to the teacher, and watching everyone present with respect.
39	They show respect. They actually listen.
40	Everyone is friendly and not disrespectful.
42	When they all listened carefully while delivering my speech and clapped at the end.
43	Feedback as well as critiques on speeches from peers were always respectful and positive.
44	Their speeches. I discussed the topic with my classmates.
45	They paid full attention when I was giving speeches and they nodded and smiled sometimes during my speeches.
46	They would reassure to me that I did well in my speeches. They also gave me feedback.
47	When I told my story about my accident in class then I left I had two of my peers texting me asking if I'm okay and to get coffee together.
48	claps, smile.
49	I liked the idea of giving feedback to each other, and everyone was respectful and tried to approach what they noticed in the best possible way. Also, everyone respected each other's time and was very polite.
50	i saw all my peers with their eyes on me and no where else. their body language also told me they were paying attention to me
52	Classmates smiled, kept eye contact with me, and clapped for me.
53	My classmates would clap for me both when i went up to present and when i finished presenting. Something else that i appreciated was that they would ask questions out of curiosity instead of being told to prepare questions ahead of time.
54	They would respond to my jokes and include me in their groups.
55	1. appraisal from peers 2. peer remembering the topic of the previous speech I presented
56	demonstration speech
57	They agree with what i said and gave me smile or nodding to show me they were listening.

**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 speech class community.**

Respondent	Response
58	They listened to what I felt would be a good topic to talk about during the controversial topics speech They were engaged with what I had to say during individual conversations
59	receiving positive feedback / being included and acknowledged in group discussions
60	While giving a speech, some class mates would nod their head and it made me feel good; like they were listening to me and what I was saying meant something.
61	My classmates all seemed to lean in during speeches very few were on laptops or cell phones during my speeches. Other than that I got good audience feedback after the speeches I wish it would have been a little more critical, but it was still good.
62	hearing positive feedback and giving criticism towards other classmates
63	1.My classmate really paid attention and responded to my speech. 2.Every time I finished my speech and went back to my seat, My classmates would say "good job" to me.
64	- nodding heads - good feedback - could tell that they were really listening to what I had to say
65	eye contact and clapping
66	Being understanding and considerate when I am speaking. Actually paying attention to what I am saying.
67	A lot of eye contact, I felt like they were paying attention. Reassuring smiles and nods helped as well.
68	- The audience seeming genuinely interested in the topic -Doing speeches on topics we got to pick
69	Quiet, attentive and respectful
70	Eye contact. Head nods.
71	When they ask me questions and when they pay attention.
72	When my classmates acknowledge my questions, and when they give me constructive criticism instead of saying "it was really good".
73	-Providing constructive comments -Being relatable
74	When I did not prepare enough for one of my speeches and was too nervous the comments after my speech that praised the better aspects of my speech.
75	When we give feedback, I think it really helps us as speakers and communicators a chance to know what we need to improve on. Feedback is so important. I also like to closures we do as a class. It unifies us and we may not even notice it.
76	They maintain eye contact and vigilant posture.
77	hearing their personal stories and what they learn from their experiences.
78	Listening and giving me feedback. Looking at me while I have the speech and not at phones or computers.
79	compliments eye contact/ attention
80	smiling, and listening and nodding
81	I enjoy making eye contact to students who are smiling at me. It makes me feel more welcome. When students talked to me about my presentation after its over, it shows that they were listening.
82	My classmates listened and provided positive /negative feedback
83	Include in conversation, listened to my ideas
84	Laughing at my speech and showing that they were listening.

**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 speech class community.**

Respondent	Response
85	My classmates were attentive with their body language and asked me questions, which made me feel like they were really listening to what I had to say.
86	Their feedback and appraisal after my speeches helped me to feel respected and heard
87	Reassurance and compliments
88	Everyone has spoken at least twice in the class whether it was up in front of everyone or while being called on to express our personal thoughts. In COMM classes, no one is judged and everyone likes to hear what you have to say.
89	1. Applauded after my speeches and gave some thoughtful feedback 2. Were reasonably respectful and attentive while I was speaking
90	Giving feedback on speeches having group projects where each member has an assigned role
91	When my classmates tell me what I did right or what I can improve on after I gave my speech was helpful. Eye contact from my classmates made me feel valued as well
92	When I give my speech, my classmates focus on me and pay attention and kind of crack a smile. These actions help me a lot in term of delivering my speech.
93	When discussing a serious topic, I feel valued when people have similar experience to me. I feel respected and heard that I can be my emotional self and release it during a speech.
94	Being kind , good listener
95	Active listening, and CAN. Listening to others helps me understand what is their message. CAN helps me to start a conversation with my classmates.
96	Listen to my speech, and focus on my Powerpoint, not watching me, because that will makes me nervous.
97	smile at me when I made mistake, and laugh at my jokes to support me.
98	listening and engagement
99	My classmates are little bit shy but once they ask question, they were being specific. They all speak up and be generous about their speech, not like hiding or act so scared.
100	1.They laugh when I play a joke during presentation. 2.audiences do eye contact with me during doing presentation.
101	While I tried to explain my sense of humour, I was a little bit afraid there was no people giving response to me. But end up they laughed although the joke is not really fun. It shows their respect toward me. Also, during the class discussion activities, they allowed me to speak my opinion, and I feel that I can get involve in the group.
102	:)
103	Peer reivewing and the small group project were the two actions where i felt to be respected, valued and heard in my speech class community.
104	1) being friendly. I think the fact that we got to learn about each of our classmates made speaking to them a lot easier. Over time, it was a lot easier to look at the people I was talking to during the speech instead of looking straight ahead. 2) if it counts, a fun professor. Giving speeches in class was a lot easier to a professor like ours that was young and friendly and not standoffish at all. He was the type that would just listen and give a little feedback here and there and gave a relaxed atmosphere. This is in contrast to someone who grades strictly and makes it feel like they're just waiting for you to make mistakes.

**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 speech class community.**

Respondent	Response
105	Seeing everyone engaged and listening to my speeches made me realize that what I had to say was important and they wanted to listen to me. Also, my classmates, mainly those sitting at the table I was seated at, were very encouraging and comforting, like telling me that I did a good job made me feel more relaxed and respected.
106	Stoicism. I wouldn't say that I'm an expert on body language, but I tend to be observant when it comes to facial expressions. I'll immediately feel like I'm being judged. I'll somehow perceive their expression (even though I'm aware it's not true) as contempt, and that shuts me down a bit. As a beginner, I greatly appreciate my classmates' stoicism. I'm sure that has to do with more with their low energy levels than their consideration for the speaker, but I appreciate it nonetheless. However, I think it would be even better if my classmates seemed more enthusiastic or interested in my speech through their body language or facial expressions. It works like a positive feedback.
107	eye contact and enthusiastic
109	In my speech day, most of my classmate showed up, that makes me feel like they care about my speech. They pay attention during my speech, so I feel like I am not wasting their time
110	- attention -support
111	listen to me very careful look at me when i am taking
112	They listened to my speech and they asked questions.
113	I believe that our class was great on complimenting each other after a speech was given and helping relax one another prior to giving speeches.
114	They nodded to show they agreed with my opinion. They smiled and applauded after I finished my speech.
115	When my classmates reassured I did well and when they joked and made me laugh after.
116	-when they would pay attention go my speech - when they nod with points they agree with in my speech
117	They were very attentive while I was speaking and were all very nice and easy to talk to when I sat at a table with them.
118	1. helpful feedback from peer reviews 2. classmates paying attention during speeches
119	They were attentive. They also seemed understanding to those who were nervous.
120	I think feedback about the topic I presented on and having the audience actually look interested in what I was talking about helped me.
121	When I see my classmates watch me and give me applauds, I feel my speech is valuable.
122	Knowing that they had questions prepared made me feel like they were actually paying attention, and the applauds before and after each speech.
123	good eye contact and using appropriate language
125	Listened very well and showed non verbal communication by nodding their heads
126	Full attention when giving speeches, and people giving good peer-review feedback.
127	When them checking my outline I would always receive one good thing about it. Further the asking for help they would see it as something normal.
128	reaching one good feed back from may speech. When asking for help them making me feel that its normal.
129	When my classmates would say I would be fine before a speech and also just getting to know more people.

**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 speech class community.**

Respondent	Response
131	Two actions performed by my classmates that made me feel valued are clapping/applauding before saying a speech and after my speech and interacting with a speaker.
132	When I gave speeches, everyone always seemed to be very attentive to what I was saying. In my table, everyone was easy going, which made me feel more at ease.
133	Full attention Acknowledging when I would ask for responses or when they would like something I would say
134	Laughing Nodding heads
135	Helpful and everyone was truly rooting for each other.
136	The peer reviews we did in class definitely helped me out because my fellow students gave me constructive criticism on how the speech went, both good parts and what needed improvement. Another thing was working together we all brainstormed which was effective, it all brought us closer together and out of our shells.
137	Everybody cheering before going to present, audience members asking questions
138	All were attentive and gave me useful reviews while we did peer review. Honest opinion was given and it was encouraging.
139	It really helped when my classmates responded to what I was saying, be it with laughter, nodding, or other positive nonverbal actions. I also liked that people talked to each other aside from projects and assignments, and I made some new friends in the class that I feel respected what I had to say.
140	-Q and A Post Speech -Post Speech Critique
141	eye contact and other body movement give me the sign that my classmates respected me.
142	confident, creative
143	Everyone respectfully listening, providing feedback.
144	No really mentioning my anxiety problems and being open to understanding when I had to step out or something
145	they applauded and gave very nice feedback
146	Classmates often tried to remind speakers about what they should be doing. They tried to be supportive even when it felt like things fell apart.
148	One thing I noticed that made me feel respected was all the eye contact I received while I spoke. Also when the class would give non verbal feedback, most of the time it was a slight head nod.
149	Clapping Cheering
150	Honesty and Respect
151	Everyone would drop what they were doing to focus and listen to me when i speak.
152	They were very attentive during my speeches and provided good feedback.
153	Active listening and being appealed to in a speech. The audience was so nice when it came to listening and being a good audience member. And also being an audience member was so fun.
154	2 behaviors that help me gain respect for my classmate was honesty and if i felt they were telling the truth
155	To be honest, I feel very valued and respected when I do a speech because almost the whole class pay attention to my speech. Also, they are very kind and friendly whenever I ask a question.
156	During our group work we had social guiding behaviors. My group mates were encouraging and expressed their feeling on my performance

**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 speech class community.**

Respondent	Response
157	Receiving self critiques with meaningful comments.
158	nodded their head, smile
159	Everyone made each other fell comfortable and they are good listeners
160	2 positives, 2 negatives clapping before and after a speech
161	raul answered right away when I talked to him.
162	I think they were great listeners during speech days, no one was rude and disrespectful.
163	they would laugh when i told a joke during my speech, and they had questions about my facts which showed how well they were listening.
164	Attentive listening and feedback letting me know they were paying attention.
165	The attentiveness of my peers when I would speak and interest in what I would say in class
166	Listening to what I had to say and offering their help.
167	After first speech I felt confident .Especially the Instructor and classmates listened to me when I speaks in the class.
168	When I asked questions, they replied me. They gave me applause.
169	Actions that classmates performed to make me feel welcomed was that nobody judged each other on what others had to say and as group work, people let other hear what they think or say.
170	eye contact and questions from the audience
171	Professional Engaging
172	The feed back I got from my classmates after every speech helped me feel respected as a speaker.
173	Not being afraid to speak in class or ask questions.
174	1. encourage the speaker by applause 2. discussing or warm up together for preparing the speech
175	Hands, eyes, use my hands and express myself better and look on top of students head.
176	The feedback and the acknowledgements.
177	Clapping and honest helpful feedback on every speech given.
178	paid attention during speeches and were open in conversation
179	The peer critiques were a great way to hear feedback. Also the table discussions to hash out speech topics and tactics was great too.
180	The way my peers expressed their facial expression when they agreed to something/how my peers looked at me in a way I know they were listening to me. The way me peers helped me and each other when we would forget to repeat the question at the end.
181	I think it really helps with confidence when I can see that the class enjoys listening to what I have to say since I never thought that I was a really funny person but just hearing some of my classmates come up to me after class and saying they are looking forward to my next speech really makes me excited to go up and speak.
182	they all had great eye contact with me when I gave my speech. when ever they laughed it meant I was doing something good while presenting.
184	During my speeches my classmates would nod there heads to show understanding and when i would ask the audience a question they would answer. This made me feel a lot more comfortable.
185	They look at me and laugh when I say something fun. They smile when I forget somethig

**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 speech class community.**

Respondent	Response
186	I learned that the task in my professional presentation I felt valued and respected because we get to choose our group. I would use our social behavior such as to move on and add in our group work.
187	1. I felt valued when my classmates smiled at me and expressed confidence in me. 2. I also felt valued and heard when my classmates expressed enthusiasm and excitement towards my speeches.
188	eye contact & positive feedback from my classmates
189	When I gave my speeches, it really helped when my classmates laughed when I made jokes or when I made eye contact with them and they smiled at me and made me feel more comfortable and less nervous.
190	When they gave their attention while I spoke and no one spoke during my speech
191	1. Clapping before and after my speech 2. Laughing at small jokes or puns in my speeches
192	The fact that a lot of my classmates felt very comfortable with sharing some of their personal stories made it so much easier for the class to get along fine.
193	Overall, the environment in the class room was supportive and understanding. Through all the speeches I gave, the notable head nod or laugh made me less tense and welcomed to continue my speeches for the class.
194	Always listening and caring, cooperative
195	They look at me during I did the speech. After my speech, my group member compliment.
196	Feedback and their emotions
197	The student critiques that we had received after our speeches. & The questions asked after my speech. Both showed honest respect and helped me with feedback knowing that they listened to what I had to say!
198	1) Feedback from a peer who evaluated my speech 2) I felt respected when my classmates gave me there all attention, and not distracted by phones or side conversations.
199	two of the things that made me feel a bit more at ease where the applause that where given before and after the speeches. as well as the fact that everyone was pretty friendly and encouraging after a speech.
200	Good listeners, Positive feedback
201	Classmates were mostly respectful and engaged in speeches. Regardless of the topic, many were interested and they were great at coming up with questions.
202	They answered my questions when asked Did not talk and used head gestures to acknowledge.
203	applause, ask questions
204	Great listening skills great feedback
205	When my classmates would ask questions about my topic and when my classmates maintain eye contact.
206	Applause after bad speech Class respect from having a long pause/ blank mind
207	be attentive reply to questions
208	My group was always very supportive on speech days and would always say good luck. I also really enjoyed after speeches when you have to answer questions and sometimes you forget to repeat the question but a lot of your classmates make signals for you to repeat it.
209	Their eye contact and engagement.
210	Very attentive and always listened very well, and they always had words of encouragement

**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 speech class community.**

Respondent	Response
211	attentiveness and genuine laughing during the speeches i gave
212	Just from the questions I was asked after each speech I could feel that they truly listen to my words. Also, all of my peers were so supportive before and after each speech.
214	smile, pay attention
215	I loved when my classmates made eye contact with me and actively listened to what I had to say.
216	Being easy to talk to and relate to in group discussions and being an extremely polite audience!
217	Clapping before and after speeches for sure boosted my confidence. Sometimes classmates would look at me and nod along to my speech which reassured me that they were listening and boosted my confidence.
218	questions after the speeches, and peer evaluation forms
219	They were very supportive and attentive to whenever someone would present their speech
220	The Breathing technique. Stretching
221	Use my idea during group discussions and give some suggestions to my idea
222	Questions and comments after speech finished

**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?**

Respondent	Response
1	demonstration speech and group discussions for speeches
2	daily check in with current event and sharing of opinions on them.
3	- Hand out - The link of nice speeches
4	I think speech assignments, and group discussions made learning feel more inclusive.
5	Couldn't say but her overall demeanor was conducive to classroom inclusion. I didn't like activities that involved sharing personal life details but I'm sure it helped others feel more included
6	-engagements -really every class is great and it is always interesting and we always have a good discussion
7	Dinner Party (gaslighting) Engagement #2
8	The speech where we talked about our values The first activity on our collage
9	When we wrote personal reviews about first speech to the person we were assigned for, and talking about our personal experiences
10	All activities made me feel more inclusive as an individual.
11	I loved doing the demonstration speech because it was a bit from a blast from the past (even me hitting my foot against furniture and getting some old school "ouchhh!!" from the audience. I also really enjoy when we get together as a group to go over different techniques. My group starts going crazy and I love the enthusiasm.
12	I believe that the activity in which everyone expressed something deep about each other helped connected everyone closer. Another would be the time we had the activity in which we locked hands and tried to find a way to get. It made everyone focus on the task in hand instead of being nervous to communicate.
13	Our culture identification speech was one of the easier speech assignments because we had the opportunity to talk about things we are familiar with. As well as discussing the difficult times in our lives.
14	the 2 activities that made me feel more inclusive of who i am as an individual was the intro speeches and demo 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?**

Respondent	Response
15	When we went over our first outline instead of her just explaining it and doing it at home. She took the time in class to do it and if we had any questions she was there helping. When we had tell our story in class in the circle I think it was a learning experience because I wrote down I speech about myself that I didn't realize that situation in my life has shaped me to who I am today.
16	My Cultures Speech and Wage Gap Activity in class
18	group activities and assignments that helped getting to know everyone around us. For example the dinner parties.
19	Class participation
20	Making sure everyone spoke in the interpersonal discussion and the group speeches
21	One activity that helped me feel more inclusive was the dinner parties because we discussed social issues that I directly related with. Another activity was one where the students shared out ideas on issues in our society that exist and we wanted to change. It helped me realize that other people in my class are passionate about changing similar issues in our society.
22	Our dinner party discussions give us a chance to voice our feelings and opinions about serious social issues and it is very inclusive. Our first speech about who shaped our morals also gave people insight to who we are as individuals.
23	The two specific activities by the instructor which made me learning feel more inclusive of who I am as an individual are Debate on the Topic "Death penalty" and dinner party where it is needed to explain the reason and solution for the given question by the students. Its very interesting to do these activities.
24	discussing real life issues and having discussions with my peers made me feel like my learning feel more inclusive.
25	In class we often discussed our personal lives, including our upbringings, which definitely helped me feel included as an individual. Additionally, the online assignments that we had that were focused on our individual cultures and upbringings, made me feel that the life story is important.
26	I liked how she was always smiling and nodding during the speeches. It didn't seem like much, but it helps boost your confidence while you are giving a speech. I liked the engagements, because they helped me get used to the idea of my peers looking at me while I was doing presentations.
27	The first speech about our cultures was honestly awesome and the engagements in class were pretty fun too.
28	The engagement where we had to share stories. Everyone has a story that is different from everyone else because they experience things in a different way. Another activity would where we shared our most embarrassing, difficult, and happy moment. I loved reading everyone's story and I'm glad I got to share mine. I was able to read about my classmates being at happy and that made me happy.
29	The dinner party activities helped me learn how to respectfully discuss different points of view and opinions with my peers. The impromptu speech because it challenged me to quickly formulate my thoughts into a speech.
30	She gives feedback and encourages me to improve my speech and confidence on every speech. She teaches us shake hands and legs before speeches are so helpful to relax.
31	I liked the activity where we had to create an image using the "mannequin challenge" and interpret it differently. Another thing that helped me feel more inclusive of who I was is the first speech he had, which was about myself and my life.
32	Race and gender 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?**

Respondent	Response
33	become a time keeper. informative speech.
34	The impromptu speeches and the reading from the book really helped me as an individual. By reading the book it helped me learn more about speaking and ways to cope. With the impromptu speeches it helped me get out of my comfort zone and be open with the class. This made it a lot easier as the weeks went by and I can say that I am a confident speaker.
35	Daily speeches as well as the informative speech really enabled me to express who I was to the class. Joel made class a safe and friendly environment where I could express myself without fear. It was awesome to tell people about my life and also hear what others' lives were like. Overall, the stories Joel told and just the way he taught was extremely engaging and beneficial to my learning experience.
36	1. informative speech with a topic we could choose 2. spontaneous impromptu speeches in front of the class which were not graded
37	The demonstration speech and the persuasive speech help with us being able to choose a topic that is related to us and allows us to express ourselves more than the informative speech or the analyzing a famous speech speech.
38	We do not need to share something that is uncomfortable, and the assignments can be seen online.
39	Our first speech help me explore more about my cultures as an individual. The peer respond assignment helped me get feedback from other students which helped me improve my speech outline.
40	Telling our own stories that connected with everyone and doing activities as a class.
42	One discussion that made me feel inclusive was when we talked about minorities. And also when we shared something personal.
43	Getting together in groups for discussions helped me to feel more included with others in the class. Additionally, speeches that allowed us to have free rein on the topic enabled me to make my speeches more personal and still feel comfortable presenting them.
44	Public speaking. Giving a speech.
45	Assignment 3, which taught me that what kind of Non-verbal communication are most used by myself in my daily lives. Assignment 8 because it made me really think about what influence has played significant role on my perception, and it was something that made me who I am.
46	The cultural speech and the speech about a hardship we faced.
47	When we wrote our opinions as a group on the board multiple times and the reading responses made my learning more inclusive of who I am as an individual.
48	speeches in general
49	Hinerman was really an excellent instructor and nicely guided us through the journey. I felt that his feedback was precious and also he approached our weaknesses in a friendly way, without making us feel bad about it, but just take it as points to be aware and improve. All the assignments were very clear and with a nice explanation, so I think we had all the tools to succeed and improve our speeches and public speaking skills.
50	my first speech when I spoke about my idol gave me the chance to show my peers who I am. and my final speech when I got to express my thoughts on gun control it made me feel powerful like I had a voice to make a change in the world

**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?**

Respondent	Response
52	The demonstrative speech helped me be more inclusive of myself as an individual because I had to think of something that I was comfortable talking about in front of the class and something I had knowledge about which related to me. Also, the analyzing a famous speech because it made me think about whether I agreed with the message that was being analyzed and why.
53	Something that made me learn more about myself, would be the speeches we gave during the quarter. While the speeches had to be a certain kind (i.e. informative, persuasive, etc) we were allowed to choose any topic that would get ourselves passionate. Another would be the roll call speeches as most of them involved opening up to the class and hearing them give feedback sometimes.
54	Being able to choose a topic i find interesting, a speech on an item of personal feelings.
55	1. speech 3 2. instructor giving comments of how I did on my speech
56	demonstration speech
57	My instructor introduced the interesting topic to us to discuss and he gave us the feedback.
58	When we talked about our favorite movies/music and you had us write down what we "heard" and "what we understood" exercise The personal struggles speech also made me feel included as an individual.
59	performing an informative speech on any chosen subject after surveying the class demographic / doing a random act of kindness presentation where my group got to choose an activity to record and share our experience of what it means to each of us to be kind
60	I actually liked doing the self speech analysis assignment(s). It helped me look back on them and see where exactly I could improve, and made me feel more confident for the next speech.
61	The informative and persuasive speeches were the assignments that made me feel like I was bringing my personality and views to class.
62	informative speeches made me feel more inclusive as an individual, and also answering surveys for our persuasive speeches
63	1. Homeworks watch videos and write summaries based on videos helped me a lot. 2. impromptu speech
64	- all of them
65	The impromptu speeches help me deal with my nerves. The personal stories other students tell also helps.
66	The instructor paid a lot of attention to how I performed in the beginning of the quarter and compared in to the end. Asked me how I was doing before I gave a speech and made me feel comfortable in the class.
67	All of them, but I didn't really like the deviant act assignment.
68	-the telling a personal story activity was great -critiquing speeches helped me improve on mine
69	I liked all of the short, semi-daily speeches on a variety of different subjects. I also liked the group activities
71	The Julian Treasure weekly assignment number 9 and getting into groups to discuss topics.
72	The famous speech was my best one so far and the assignment where it taught us to prepare for giving a speech.
73	-Global/Social Issue Discussion -Informative Speech
74	When Mr. Ahern would clarify any confusions after class, and ask the speaker how they were feeling before they gave their 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?**

Respondent	Response
75	Our intro speeches were kind of scary to do in beginning because you are telling strangers things about yourself. In the end, we are all pretty close and chatty from being open about our lives to each other. It made us comfortable which also aided in us being able to preform even better.
76	Beginning of the year we did a speech describing another class mate. Having a choice of what topic to speak about.
77	by telling some of my personal stories to my classmates, it let me know that I am fearless when it comes to big groups as well as the fact that I can talk just as serious as humorous when the time comes.
78	When he commented on my interests and life that played into my speech topics. The online discussions that included videos of actual speeches and different types of speeches it helped see different ways people can give speeches.
79	achievement engagement informative speech
80	speeches and giving feedback
81	Professor Joel was great at adding tips and advice for certain presentations. Being able to relate to the students and understand their apprehension made it seem like we were all at an equal playing field. Felt as if he was the leader and we were all learning from him. Writing notes and discussing presentations after they were completed was a good way to understand strengths and weaknesses in order to prepare for the next presentation.
82	Writing a reflection paper after a speech and watching videos that shows different speech methods.
83	individual speech,
84	The major speech with visual aids and the show and tell speech.
85	We did interpersonal engagements that allowed us to get to know each other better and we worked in groups to present our speeches.
86	The fact that we got to choose the topics for our speeches helped to make the experience feel more inclusive of who I am as an individual along with the ice breaking exercises we did
87	Stepping in the circle if you agree with the statement and the first speech we gave introducing our self
88	The hour long facilitation and the personal interview really motivated me to keep pursuing in the huge communications field.
89	Smaller projects we attempted as a group: like mapping part of the campus and telling a story together
90	Life Advice Speech Group Project Speeches
91	The speech about who we admire/and or hate and the persuasion speech are the assignments that provided me the most growth
92	My professor often told me that I need to practice and that I need to speak a bit slowly, which help me a lot in delivering my speech more properly. I am still working on it, as always.
93	The topic of family, health, and wealth made me feel more inclusive than I was as an individual because it lets the audience know what type of a person you are. Another discussion, we talked to our new partner and it made me closer to an acquaintance. I'm not usually the type of person to talk to a stranger but I'm glad I got to know them better.
94	Mm.
95	Persuasive speech, and Self in the Bag. Those assignments helped me build up my confidence to talk in front of the class.
96	last speech program and Performance, that was really useful.
97	evaluated other members in the group, and asked for my opinion.

**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?**

Respondent	Response
98	group discussing and practice sample
99	When we are doing the acronyms C.A.N. my classmates made a complement on my shoes, which made me feel someone care my outfit and I can really apply it into my daily life. In the final project, my group separate the work together and help each other out. Turn out the work is really great. It was such an honor to be in that group.
100	1.The first speech which can myself to every body by 4 item. 2. The assignment which make us describe the speech skill in our favorite speech videos.
101	I think it's self in a bag. I tried to find what is my characteristic of my self and I found that what is good and what is bad of my personalities. Also, I think the activity of performance evaluation is also let me feel more inclusive of who I am. As I need to reflect about how I did in the performance and know more about myself.
102	:)
103	The video shown by the professor in the class and the informative speech which made my learning feel inclusive as an individual.
104	1) The oral interpretation assignment. This was by far the funnest assignment that we got to do in the class. The amount of freedom that he gave in choosing our topic was great and really allowed me to push my boundaries of boldness. I chose a really meaningful hip-hop song to me and got to share it with the class, but never in my life before this would I have thought I would have had to rap in front of people. 2) Our speech topics in general. I think the class allowed us to be completely free in choosing our topics and allowed me to explore what we really were curious about. Like for example, the informative speech felt more like a self-research project and we just had to present our findings to the class instead of the fear that it was a major speech.
105	I believe hearing from specific comments from the professor on his thoughts on my speeches, like what they liked and what they thought I could improve on, helped me prepare and become less nervous on my future speeches. My professor also liked to talk to all of his students, whether it is before or after class. He would ask us question about our weekends or breaks. He learned all our names after a week or two.
106	Having the instructor and classmates give feedback after the speech. I'd rather have them tell me face to face what they liked or would like to see improved in my speech than to read these comments off a piece of paper/computer screen. It feels more sincere that way. It motivates me to become a better speaker so that next time I can make the speech more enjoyable for those who cared to give me feedback.
107	Group Performance and Final Project are 2 assignments which make me feel more effective. I learned from my teammates, and perceived my strengths and weaknesses while working as a team.
109	Each of us have to give individual speech to everyone, sometimes I would include my own personal examples, I think people is getting to know me more by hearing my stories. As we switching seats on the half way of the quarter, I got to talk different classmates, I feel more like I am an individual and important in the group
110	N/A
111	dear abby and persuasive speech
112	The debates and the online visual interpretations story responses.
113	The engagement speeches for sure as they allowed me to speak on topics which I felt were important to who i am as an individual and also the informative speech which is where I got to speak on a topic I was passionate about.
114	Mr. Lee always asks our opinion and gives response to it.

**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?**

Respondent	Response
115	The short speech that let me engage with the audience made me feel accepted as I was able to reveal a part of me. Also, the fact dressing professionally allowed me to stand out in a good way.
116	-the persuasive speech, because it was a topic I really cared about and I got to go all in on it
117	The introductory speech made me feel more inclusive because it allowed me to learn about everyone while they learned a bit about me which made first conversations easier with everyone. I also thought that the improv engagement helped because while no one really got to practice, everyone was very supportive and encouraging of one another, which made them good.
118	1. having respect about speech topics 2. classmates including my contributions during group work
119	He was reassuring when people were lost or messed up. He also explained the assignments in good detail, which always helps.
120	I really appreciated how after every speech, he would give us feedback on what we did well on. I also really enjoyed how Russell didn't make this classroom like any other college class. We got to know every single one of our classmates, and I loved it.
121	Writing self-review papers, do show and tell speech and do class activities can made me feel more inclusive of I am as an individual.
122	The oral interpretation assignment and the debate activity.
123	having some interesting activities and breaking ice wall with classmates
125	Persuasive and Visual aid speech
126	He allowed us to choose our own speech topics, and bring it personal items.
127	When we did the persuasive speech and the first mini speech we had in class.
128	The persuasive speech and the first mini speech.
129	Speech debates, and the first speech or engagement about our culture .
131	The Informative Speech and Introduction speech made learning feel more inclusive. I enjoyed working on the Informative Speech and for the Introduction Speech, I enjoyed working with a new classmate and learned many new things from them.
132	Two activities I enjoyed were the intro engagement and the persuasive speech.
133	The informative speech and the small speeches we had in class!
134	I can't think of any but I know you helped me!
135	I really enjoyed when we spoke about a classmate. This was a fun way to be engaged and tell a interesting story about a classmate to the class.
136	Mr. McKnight is an awesome teacher you should definitely have because he is very welcoming he makes you feel great about being in speech. At first everyone in the class is super nervous because nobody in class really knows each other and he all made us participate in group activities which was cool because it made us become better acquainted with each other.
137	Informative speech, Kahoot game in class
138	Peer review and in class group discussion and self evaluation after a speech day
139	The daily questions gave me a way to consider things about myself that I otherwise wouldn't have thought about and they helped when everyone else was listening. I also liked the second major speech, the persuasive one, because it gave me a chance to speak about something relevant to myself, and to listen to others speak about things important to them.
140	-Persuasion Speech -Demonstration Speech
141	self evaluation and group evaluation help me understand who I really was in other people's eyes and in my own eyes.

**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?**

Respondent	Response
142	persuasive speech. informative speech.
143	The demo speech was he big one. And the persuasive speech
144	I think every activity did this well but I particularly liked reading with groups and then presenting the reading, and having group discusiions
145	The persuasive and informative speech I felt were able to help me the most.
146	I can't really think of anything.
148	I really liked the show and tell speech we did. The speech allowed for us to gain some insight on each others lives. I also enjoyed the major informative speech. It made us do some real research and it was nice to present our facts to the class.
149	informative speech#1 topic speeches
150	Just the way he engaged with the students made it feel like I was part of the class
151	I feel the major speeches we have done so far have actually helped me open up more as an individual and share my thoughts on subjects.
152	The impromptu speeches were great because they make us react on the spot without any preparation and the famous speech forced us to do an entire speech on a subject we weren't very familiar with.
153	As an individual I am a speech student and I felt more inclusive during all of the final speeches.
154	show and tell, showing the class whats important to you, informative, had to research and really think about what i like to do.
155	Although this course started at early in the morning, I do not feel sleepy because of the energy he brought to the class. Moreover, he always tried to apply those boring lecture into a real examples and made them more fun. I very appreciate Russell!
156	The individual speeches helped me built my confidence and encouraged me to speak up
157	Giving speeches on what we love or like do
158	group presentation, ask opinions/read content
159	Our minor speech in the beginning of the quarter and our show and tell because we learned more about everyone
160	introduction speech Remember certain facts about myself and relating it to the lecture.
161	The first group project and the brief presentation
163	the major informative speech really helped because it really gave me the chance to talk about gay rights and really helped me inform my peers of what is going on in th world.
164	Group speeches made it feel more inclusive because we all got to hear each other out and support our ideas. Personal stories by the instructor also made ir feel inclusive because not only was he learning about our life but we were able to learn about his as well.
165	The self-in-a-bag speech and the longer 4 min individual speech on anything related to communication, as these allowed me to pick topics I was interested in.
166	Being offered to speak of personal trauma and answering my one-on-one questions.
167	I learnt alot and felt confidence after this class. 1)Entertaining speech 2)Informative speech Group discussions activities make comfortable with classmates.
168	group discussion peer evaluation

**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?**

Respondent	Response
169	My instructor made me feel more self confident on what I should speak upon. He gives good feedback on what you did well or what you need to work on.
170	our first speech and when we had to remember everyones name
171	Self-in-bag and storytelling
172	The inclusive environment the professor set at the beginning of the quarter, as well as at the beginning of every class session, definitely helped reduce my communication apprehension. Also, the lectures and instruction on how to give each speech was very thorough and clear.
173	Dear Abby and the lecture presentation.
174	1. Every small speeches train us and strengthen our skills of improving speaking in public and interact with audience. 2. Feedback for our peers and also let us realize how well we do each speech.
175	The instructed informed us well and gave us reminders about speeches
176	The 1-minute life story and the enter the circle activity.
177	Discussions about 30 topics that were possible for each speech was helpful. Also the persuasive speech helped me discover myself as a person as well.
178	The instructor was open with students and very straightforward with explanations
179	Encouraging us to brainstorm 30 topics was challenging, but overall helped me pick some great topics that I felt comfortable presenting. Also, as mentioned above, the table discussions were a great way to feel comfortable with my peers and who I was speaking to.
180	When the instructor would give sample speeches on the spot per students request. The instructor having us work in groups then coming back together as a class to make sure we understood the material.
181	I really enjoyed how each day we would have a completely unpredictable set of topics to choose from to talk about instead of having some boring topic about our opinion on politics or something of the same aspect. I also really enjoyed the our group assignments because we get to really know each other and just overall have a really good time with each other.
182	when my instructor would call role he would give us a topic and we had to do a one minute speech which helped me talk about things i have never questioned before. it made me realize that I had a good life when he would as as questions of our favorite memory or embarrassing moment. and other activity would be the last major speech which was the informative with visual aids, because it's just a passion of mine and I don't really tell people. I just do it and if they noticed then okay.
184	The cultural artifact speech made me feel inclusive because it was about what represented me & what my personal culture was
185	The instructor created a relaxing environment for us. We have group discussion around the table instead of telling the whole class.
186	I love the professional presentation and talking about ourselves such as the stings have made open parts on how I am thankful the people who I have met and stay friends with such as Annalisa and Sarah.
187	1. 90 second "performance" speech... "endless opportunities" from singing to reciting a poem to reading a children's book etc etc etc!!!! 2. informative speech... topic of our choice! our passion!
188	1)rotating tables to meet all your classmates 2) the introductory speech
189	Two specific activities/assignments that made me feel more inclusive were the deviant act and the group speech about dating. Working with others makes me feel more comfortable and both of these assignments were also really fun.
190	Doing the research speeches and the quizzes online

**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?**

Respondent	Response
191	1. The "show and tell" portion gave me the chance to bring something very meaningful to class and present my true feelings to an entire group of people. 2. Most of the discussions in class were key in helping me further my thought into myself and the inclusion of others.
192	All the assignments and speeches we did in this class were all enjoyable. I never left out with any of the assignments or discussions. They were all great
193	One of the best activities that helped target my weak spots in speech was show and tell. This was a perfect opportunity to allow myself open up to the audience with an item that held specific purpose in my life. It helped me talk with passion while teaching me the importance of staying professional with my audience. Another lesson that helped improve my overall inclusiveness as an individual was learning of the different types of terms of context. By learning this, I was able to connect the differences in high and low context people in my life and learn of how they mesh into my life.
194	Engagement 3 on telling a story and Persuasive speech on Growth Mindset
195	impromptu speech helps me to practice prepare the speech in very short time. The peer reviews helps me to know the things I have to improve in my next speech.
196	Informative, Impromptu
197	My informative and my intro speech.
198	1) The post-speech conversation helped me discover my strengths and weaknesses of Public Speaking. 2) The grading rubric provided me with some assurance of how well I delivered, and what I should focus on to make the next speech better.
199	two things done by the instructor that made the class more inclusive where the group activity that he had us do. he also would make an effort to always ask a question to each person after a speech.
200	group project, e.g deviant for a day, and informative speech
201	Karl is highly interested in our speeches and seems very engaged in learning new things students might bring to the table. It was very helpful to see his enthusiasm for everyone's speech. No topic was too boring, and he had great questions as well!
202	Working in groups Class always being interesting
203	brainstorm, impromptu speech
204	Informative speech and introduction speech
205	The teacher used personal questions that made me feel more inclusive. We also did group projects where each person had to contribute to the assignment.
206	warmup speeches and critiques on classmates
207	use of proximity
208	The Persuasive speech made me feel more inclusive of who I am because I got the chance to persuade a classmate or talk to them about something I have an opinion on. Also the Demonstration speech because you got the chance to show your peers something that you know how to do and you find yourself confident enough in to show to them
209	When we asked others to peer evaluate each other, also when we took notes on how to engage with our audience.
210	I enjoyed all the engagement speeches to prepare for the big speeches especially the persuasive speech engagement. Also I liked citing our source. Even though they were tedious, they helped reinforce my learning of it.
211	show and tell speech and introductions in the beginning

**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?**

<b>Respondent</b>	<b>Response</b>
212	The videos that were assigned were really helpful in terms of improving my communicative skills, and the textbook was chosen wisely that each chapter had something to add to my knowledge.
214	intro speech, sale speech
215	I loved talking amongst the tables, as I stated earlier. I also loved the introduction speech because it wasn't that nerve racking being up there with someone else. Also, it helped to get to know someone so you had a friend in the class.
216	Again, everything. There was plenty of diversity and flexibility in everything from topic choices to presentation times to just about anything.
217	the two of my favorite speeches were the persuasive and intro speeches. The intro speeches made the classroom feel more connected and lessened the distance between student to student whilst the persuasive speech was my most enjoyable speech and let me "convince" my audience with what i was passionate about.
218	persuasive speech, and the introduction speech with your name and what you like and dislike
219	Talking about current events and also discussing the chapters of the class textbook
220	The Informative speech & the engagement speech.
221	Group performance and group presentation with video
222	My cultures speech, Community engagement speech