

Podcast Performance Rubric using PVLEGS	ADVANCED	PROFICIENT	BASIC	PRE-BASIC
Poise	You appeared calm and confident. There were no distracting behaviors.	You seemed calm and confident. Only one or two minor things were noticed, but they were not distracting to the listeners/viewers.	You mostly seemed poised. A couple of major distracting behaviors bothered the listeners/viewers.	You seemed wiggly and not at all poised. You had many distracting behaviors.
Voice	Your voice was just right for the media—not too loud or too soft. Every word was heard. You didn't mumble or blur words together. You didn't have any strange vocal pattern.	Your voice was just right for the media. A couple of words were mumbled or blurred together. You didn't have any strange vocal patterns.	You spoke a bit too softly or too loudly. Several times, your words were not clear. You had a bit of a pattern to your speech.	The listeners/viewers had a hard time hearing you. Many words were not understandable because of mumbling. You had a distracting vocal pattern.
Life	You had a lot of feeling in your voice. We heard emotion, passion, excitement, sadness, etc. You were fun to watch/listen to.	You had some feeling in your voice. There were several parts that really came alive for the listener/viewer.	You only had one or two places where you seemed to come alive and put feeling into your speech.	There was no life in the speech. You spoke in a monotone and didn't put any emotion into any part of the speech.
Eye Contact	You constantly looked at the camera lens. You treated the camera as if it were a person. You barely glanced at your script.	You mostly looked at the camera. You used your script well.	You only occasionally looked at the camera. You read from the script over half of the time.	You never looked at the camera. You read the script to us.
Gestures	You had very effective hand, face, and body gestures. Your	You had some gestures that contributed to your speaking.	Only one or two times did we see some gestures.	You had no gestures.

	motions added a lot to your speaking.			
Speed	You were not too fast or too slow. You varied your speed—faster for exciting parts, slower to add emphasis. You used pauses to let main points sink in with the listeners/viewers.	You were not too fast or too slow. Your speech had one speed. You didn't use pauses.	You spoke a little too fast or too slow.	You spoke way too fast. There was no change of pace. © Erik Palmer