**POISE**

* You appeared calm and confident.
* There was no distracting behavior.
* You seemed calm and confident.
* One or two minor things were noticed.
* Listeners were not distracted.
* You mostly seemed poised.
* A couple of major distracting behaviors bothered the listeners.
* You seemed wiggly and not at all poised.
* You had many distracting behaviors.

**VOICE**

* Your voice was just right for the space—not too loud or too soft.
* Every word was heard.
* You didn’t mumble or blur words together.
* Your voice was just right for the space.
* A couple of words were mumbled or blurred together.
* You spoke a bit too softly or too loudly.
* Several times, your words were not clear.
* The audience had a hard time hearing you.
* Many words were not understandable because of mumbling.