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| **POISE** |
|  4 You appeared calm and confident. There was no distracting behavior.  |
|  3 You seemed calm and confident. Only one or two minor things were noticed, but they were not distracting to the listeners. |
|  2 You mostly seemed poised. A couple of major distracting behaviors bothered the listeners. |
|  1 You seemed wiggly and not at all poised. You had many distracting behaviors. |
| **VOICE** |
|  4 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.  |
|  3 Your voice was just right for the space. A couple of words were mumbled or blurred together.  |
|  2 You spoke a bit too softly or too loudly. Several times, your words were not clear.  |
|  1 The audience had a hard time hearing you. Many words were not understandable because of mumbling. |