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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. |