## Tracking your progress

Whether you want this talk to be great or just good enough, this is a chance for you to grow as a presenter. In your self-assessment, consider the product (the presentation itself) as well as the process (design, creation, revision...), as you may prioritize one over the other. And remember useful tools, resources, and strategies available to you. Ex: starting 10 days prior, seeking feedback from a Fellow, talking to your PI...

### Before the talk

<table>
<thead>
<tr>
<th>FIRST TIME PRESENTING IN 22.911</th>
<th>NOT YOUR FIRST TIME PRESENTING IN 22.911</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. What are you worried about?</td>
<td>1. Based on last year’s feedback, what did you do well?</td>
</tr>
<tr>
<td>2. What are you not worried about?</td>
<td>2. What were you advised to improve on?</td>
</tr>
<tr>
<td>1. What are two things you want to do well?</td>
<td>1. What are two things you want to keep doing?</td>
</tr>
</tbody>
</table>
| 2. What will you do to achieve these goals? | 2.a. What are two things you want to do differently?  
2.b. What will you do to achieve these goals? |

### After the talk

#### WHAT YOU THINK

1. Overall, how do you think it went?
2. What do you feel good about? What could have gone better?

#### WHAT OTHERS THINK

1. What did the audience/PI think you did well?
2. What did the audience/PI think you could work on?

#### WHAT THE VIDEO SHOWS

1. What do you notice about your body language? Jittery or composed, use of hands, facial expressions...
2. What do you notice about your vocals? Clarity of speech, volume, pace...

### WHAT YOU WILL DO NEXT TIME

1. What are two things you did well and will keep doing?
2. What are two things you will try to do differently?