



# REFLECT ON YOUR PATH

LEVEL 5 PROJECT



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**TOASTMASTERS INTERNATIONAL**

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# INTRODUCTION

Congratulations! You have completed your path. A vital aspect of growth is reflecting on how far you have come and where you plan to go.

In this project, you will learn to reflect on and describe your unique experience of moving through your path, and share how your learning has affected your life outside of Toastmasters.

## YOUR ASSIGNMENT

**For all assignment details and requirements, review the Project Checklist on page 8.**

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**Purpose:** The purpose of this project is to reflect on your growth during the completion of an entire path.

**Overview:** At a club meeting, present a 10- to 12-minute speech to share your experience completing your path. Use this as an opportunity to reflect on how far you have come, summarize the skills you have learned and developed, and to celebrate your achievements. Your speech can be humorous, informational, or any style that that appeals to you and supports your speech content.

Throughout this project you will see icons in the margins next to the text. These icons indicate additional resources available online.



**Video:** Sign in to Base Camp to watch a video that supports this project.



**Interactive Activity:** Sign in to Base Camp to complete an interactive activity.



**Resource:** Sign in to Base Camp to view this resource online.

# ASSESS YOUR SKILLS

Evaluate your current skill level by rating each statement.



Select the appropriate number based on your skills today:

**5**  
EXEMPLARY

**4**  
EXCEL

**3**  
ACCOMPLISHED

**2**  
EMERGING

**1**  
DEVELOPING

Pre-Project					Statement	Post-Project				
5	4	3	2	1	I can identify the progress I have made as a Toastmaster.	5	4	3	2	1
5	4	3	2	1	I can apply the skills I have learned on this path to opportunities outside of Toastmasters.	5	4	3	2	1
5	4	3	2	1	I can identify growth opportunities that are still available to me.	5	4	3	2	1
5	4	3	2	1	I believe I have skills that allow me to encourage fellow Toastmasters.	5	4	3	2	1
5	4	3	2	1	I recognize how this project applies to my life outside of Toastmasters.	5	4	3	2	1

## COMPETENCIES

The following is a list of competencies that you will learn and practice in this project.

- Describe your experience moving through a path, in detail.
- Share how the learning has impacted your life outside of Toastmasters.
- Compose a well-organized speech.
- Demonstrate strong public speaking skills.

## YOUR TOASTMASTERS JOURNEY



Use the Your Toastmasters Journey resource on page 13 to help you reflect on the journey through your path.

As you read each section of this project, take a few moments to write down your reflections using this resource.



## WHAT YOU HAVE LEARNED

What have you learned from completing your most recent Toastmasters path? Take the time to write down everything you learned. Do so objectively, withholding judgment. It might be helpful to use a technique like stream of consciousness. Write down everything that comes into your mind and remove items that do not apply when you finish.

As you reflect on what you have learned, describe:

- The advice you would give to a new Toastmaster
- How you would help someone who is just starting their first path
- The obstacles you faced
- How you overcame these obstacles

### REVIEW FEEDBACK

Look back at the feedback you received as you progressed through your path. Discuss your progress with your mentor, fellow Toastmasters, or people outside of the program who have seen positive changes in your public speaking ability, leadership skills, or your life in general.

## THE IMPACT OF YOUR LEARNING

Now that you have given your accomplishments serious thought, reflect on how far you have come on your journey. Consider how you benefited and what it means to you to be a Toastmaster. Describe how your new skills help you in your life outside of Toastmasters. Looking at your learning experience in this way will help to define the impact of the learning on your life.

Use the following exercises to help you reflect on your journey.

### Journal

Write about your journey.

### Letter to Yourself

Write a letter to yourself as a new Toastmaster. Describe your experiences and the skills you will gain.

### Timeline

Draw a timeline of when you started your Toastmasters journey, major events and experiences on the timeline, and your accomplishments along the way.

## CONTINUE YOUR JOURNEY

There are many ways to continue your journey.

Further your growth by:

- Organizing and teaching a Speechcraft® workshop.
- Beginning a new path.
- Participating in speech contests to hone your skills.

Help other Toastmasters by:

- Taking a mentorship position to support other members.
- Becoming a club officer.
- Taking on a district leadership role.

### **BUILD ON WHAT YOU HAVE LEARNED**

After considering all you have learned, how you grew, and the ways you benefited from your experience, develop a plan to continue your progress. Look for ways to grow outside of Toastmasters by mentoring or sharing your skills with another volunteer organization.

Let your accomplishments be your starting point instead of a culmination. By building on what you have learned and looking for opportunities to share your new knowledge, you add to your expertise and benefit the people around you.

## COMPLETE YOUR ASSIGNMENT



Now that you have read through the project, plan and prepare your speech or report.

**Review:** Return to page 2 to review your assignment.

**Organize:** Use the Project Checklist on page 8 to review the steps and add your own. This will help you organize and prepare your assignment.

**Schedule:** Work with the vice president education to schedule your speech.

**Prepare:** Prepare for your evaluation. Review the evaluation resources on pages 10–12 and share all resources with your evaluator before your speech. You may choose to share your evaluation resources online.





# PROJECT CHECKLIST

## Reflect on Your Path

**Purpose:** The purpose of this project is to reflect on your growth during the completion of an entire path.

**Overview:** At a club meeting, present a 10- to 12-minute speech to share your experience completing your path. Use this as an opportunity to reflect on how far you have come, summarize the skills you have learned and developed, and to celebrate your achievements. Your speech can be humorous, informational, or any style that appeals to you and supports your speech content.

**This project includes:**

- The Your Toastmasters Journey resource
- A 10- to 12-minute speech

Below are tasks you will need to complete for this project. Please remember, your project is unique to you. You may alter the following list to incorporate any other tasks necessary for your project.

Schedule your speech with the vice president education.

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Review all of your Assess Your Skills responses on the projects you have completed to help you recall your learning in each one.

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Use the Your Toastmasters Journey resource to review and record your growth within Toastmasters, in your personal life, and in your professional life.

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Write your speech.

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Rehearse your speech.

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After you have completed all components of the assignment, including your speech, return to page 3 to rate your skills in the post-project section.

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Additional Notes

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# EVALUATION FORM

Reflect on Your Path

Member Name \_\_\_\_\_ Date \_\_\_\_\_

Evaluator \_\_\_\_\_ **Speech Length:** 10 – 12 minutes

**Speech Title**

## Purpose Statements

- The purpose of this project is for the member to reflect on his or her growth during the completion of an entire path.
- The purpose of the speech is for the member to share some aspect of his or her growth during the completion of a path.

## Notes for the Evaluator

This member is completing the last speech in his or her current path. The member may speak on any aspect of the journey completed. The speech may be persuasive, humorous, informational, or crafted in any style that appeals to the member and supports the speech content.

## General Comments

You excelled at:

You may want to work on:

To challenge yourself:

For the evaluator: In addition to your verbal evaluation, please complete this form.

5 EXEMPLARY	4 EXCELS	3 ACCOMPLISHED	2 EMERGING	1 DEVELOPING	
<b>Clarity:</b> Spoken language is clear and is easily understood					Comment:
5	4	3	2	1	
<b>Vocal Variety:</b> Uses tone, speed, and volume as tools					Comment:
5	4	3	2	1	
<b>Eye Contact:</b> Effectively uses eye contact to engage audience					Comment:
5	4	3	2	1	
<b>Gestures:</b> Uses physical gestures effectively					Comment:
5	4	3	2	1	
<b>Audience Awareness:</b> Demonstrates awareness of audience engagement and needs					Comment:
5	4	3	2	1	
<b>Comfort Level:</b> Appears comfortable with the audience					Comment:
5	4	3	2	1	
<b>Interest:</b> Engages audience with interesting, well-constructed content					Comment:
5	4	3	2	1	

# EVALUATION CRITERIA

## Reflect on Your Path

This criteria lists the specific goals and expectations for the speech. Please review each level to help you complete the evaluation.

### Clarity

- 5 – Is an exemplary public speaker who is always understood
- 4 – Excels at communicating using the spoken word
- 3 – Spoken language is clear and is easily understood
- 2 – Spoken language is somewhat unclear or challenging to understand
- 1 – Spoken language is unclear or not easily understood

### Vocal Variety

- 5 – Uses the tools of tone, speed, and volume to perfection
- 4 – Excels at using tone, speed, and volume as tools
- 3 – Uses tone, speed, and volume as tools
- 2 – Use of tone, speed, and volume requires further practice
- 1 – Ineffective use of tone, speed, and volume

### Eye Contact

- 5 – Uses eye contact to convey emotion and elicit response
- 4 – Uses eye contact to gauge audience reaction and response
- 3 – Effectively uses eye contact to engage audience
- 2 – Eye contact with audience needs improvement
- 1 – Makes little or no eye contact with audience

### Gestures

- 5 – Fully integrates physical gestures with content to deliver an exemplary speech
- 4 – Uses physical gestures as a tool to enhance speech
- 3 – Uses physical gestures effectively
- 2 – Uses somewhat distracting or limited gestures
- 1 – Uses very distracting gestures or no gestures

### Audience Awareness

- 5 – Engages audience completely and anticipates audience needs
- 4 – Is fully aware of audience engagement/needs and responds effectively
- 3 – Demonstrates awareness of audience engagement and needs
- 2 – Audience engagement or awareness of audience requires further practice
- 1 – Makes little or no attempt to engage audience or meet audience needs

### Comfort Level

- 5 – Appears completely self-assured with the audience
- 4 – Appears fully at ease with the audience
- 3 – Appears comfortable with the audience
- 2 – Appears uncomfortable with the audience
- 1 – Appears highly uncomfortable with the audience

### Interest

- 5 – Fully engages audience with exemplary, well-constructed content
- 4 – Engages audience with highly compelling, well-constructed content
- 3 – Engages audience with interesting, well-constructed content
- 2 – Content is interesting but not well-constructed or is well-constructed but not interesting
- 1 – Content is neither interesting nor well-constructed

# YOUR TOASTMASTERS JOURNEY

Use this form to help you outline your Toastmasters journey.

## List your accomplishments in Toastmasters.

Include everything you accomplished while progressing through your most recent path, from the smallest achievements to the largest successes.

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## List your accomplishments outside of Toastmasters.

Include everything you accomplished outside of Toastmasters from the beginning of your current path until now, from the smallest achievements to the largest successes.

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## Reflect on how much you have learned and gained.

Reflect on your knowledge, expertise, and confidence when you started your most recent path and compare that to now.

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**Describe the impact of being a Toastmaster.**

Write about how Toastmasters has affected your life.

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**Think about your next steps.**

Describe how you can apply the skills you learned to the accomplishment of future goals. These can include personal goals and helping others achieve their goals.

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**Set new Toastmasters goals.**

Describe your plans for remaining active in Toastmasters. These goals can include leadership roles at the club or district level as well as mentoring.

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