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Narrative Reflective Journal

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1. **What have you gained or learned after delivering your Narrative Speech?**

I learned that my past is filled with many cool and interesting things and stories I have to share that I never had realized. Also, sharing it with other people was wonderful to see other reactions to my life experience. I would like to do that more often. I gained a sense of comfort with my classmates knowing that they are there to listen and not just be another crowd.

 **How can you benefit from the things you’ve gained or learned?**

These things will only benefit me in good ways that I never thought possible. They will improve my character and make me more charismatic as the semester goes on. My classmates and I, we will learn not only from ourselves but each other. I will be speaking in front of more people than I have in a long time and it will be very good to have that experience.

**What have you learned listening to others deliver their own Narrative Speeches?**

 Listening to my peers deliver their own Narratives made an impact on me. I felt as if it was empowering and special that our class could share stories with each other that personal. It helped all of us get to know each other a little bit better. I think now the speeches will only improve from here on out. I learned also that no two speeches are the same and every impact made is different.

**How can you benefit from the things you’ve gained or learned?**

I can benefit from everything I learned because these things tend to build character in a person. Also, it makes me grateful that I started taking the course to begin with and that I can use the skills in the future whether it is giving an acceptance speech or just having conversation. Charisma is used everywhere and if you have the proper personality and experience, anyone can be a great speaker with the right words.

**Give at least 3 to 5 advice you can give to fellow students if they have to deliver their own Narrative Speech to ensure that they can deliver a Narrative Effectively.**

1. Just relax and know to do your best. Breathing is the solution to everything.
2. Have confidence in what you’re saying to get the audiences full focus.
3. Have fun and do not give yourself any less credit than you fully deserve.