**Stress Management Presentation Evaluation**

**Presenter:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Reviewer:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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|  | **Areas of Evaluation** | **Excellent** | **Good** | **Poor** |
| **Content** | Assessments: took all 8 assessments again |  |  |  |
| Assessments: compared both sets of all 8 assessments from beginning to end of year |  |  |  |
| Perception of stress: changed or stayed same |  |  |  |
| Perception of stress in your life: changed or stayed same |  |  |  |
| SMART goals: goals stated to help overall stress levels (reduce/eliminate stressors) |  |  |  |
| SMART goals: specific examples to explain goals AND how they will be implemented in your life to reduce stress |  |  |  |
| Stress management techniques: THREE most effective to maintain AND WHY |  |  |  |
| Stress management techniques: explain EACH technique in detail (e.g., methods) |  |  |  |
| Stress management techniques: when techniques were used (specific situations/stressors) AND how they reduced your stress |  |  |  |
| Stress management techniques: did these 3 stay consistent or change and vary depending on new techniques learned or different stressors |  |  |  |
| Stress management techniques: how will you continue to incorporate these 3 techniques into your life and maintain them long-term |  |  |  |
| Stress management technique: DEMONSTRATION of one of your selected techniques (teach the class) |  |  |  |
| **Presentation** | Organization (slides, bullets, words) and logical sequencing (smooth transitions) |  |  |  |
| Writing skills (grammar, spelling, punctuation, complete words, vocabulary words) |  |  |  |
| Accurate information and pronunciation of words |  |  |  |
| References and APA format, grounded in research |  |  |  |
| Presentation is engaging and attention-getting |  |  |  |
| Presentation skills: good eye contact, clear and projecting, good speed, good posture, well dressed |  |  |  |
| Well prepared and practiced |  |  |  |
| Visual aids (e.g., pictures and videos) |  |  |  |
| Ability to answer questions |  |  |  |
| Length of presentation (10 minutes, with demonstration 5 minutes or less of time) |  |  |  |

Comments: