Remember to include:

* An attention-getter and thesis statement
* A reflection on the past
* Details about your life
* Advice to underclassmen at your high school – What is your lasting legacy?
* Looking forward – What do you want to do in the next 5, 10, 20+ years?

| **Criteria** | **4 Points (Excellent)** | **3 Points (Proficient)** | **2 Points (Developing)** | **1 Point (Beginning)** |
| --- | --- | --- | --- | --- |
| **Content and Depth** | Speech is well-structured with a clear introduction, reflection, advice, future plans, and conclusion. Strong, engaging thesis and attention-getter. Thoughtful insights and personal experiences enhance the message. | Well-organized with all the required parts though some areas could be more developed. The thesis and attention-getter are present but could be stronger. | Some sections are underdeveloped or missing. Lacks a clear thesis or strong structure. Ideas may feel disconnected. | Disorganized or missing key sections. Lacks a clear message or thesis. Ideas are unclear or underdeveloped. |
| **Delivery and Presentation Techniques** | Excellent public speaking skills: excellent eye contact, volume, and rate; professional body language; varied vocal tone and pace; engaging, confident, and professional delivery; minimal reliance on notes. | Strong public speaking skills: mostly consistent eye contact, volume, rate, and professional demeanor; generally precise vocal delivery; some reliance on notes but still engaging. Minor delivery issues. | Inconsistent public speaking skills: limited eye contact; inconsistent volume or pacing; some challenges with vocal delivery; heavy reliance on notes. Lacks confidence. | Poor public speaking skills: minimal eye contact; unclear vocal delivery, monotone delivery, and unclear pacing; heavy reliance on notes or reading directly. |
| **Visual Aid Integration** | Creative, relevant, and enhances the speech. Well-integrated into the presentation. | Relevant and adds value, but may not be seamlessly integrated. | Present, but not effective or well-integrated. Minimal effort. | Missing or does not add value. |
| **Structure and Organization** | Flawless logical flow; compelling introduction with strong attention-getter; clear thesis; seamless transitions between sections; powerful conclusion that reinforces key messages. | Clear organizational structure; good introduction and conclusion; mostly smooth transitions. | Somewhat disorganized; unclear introduction or conclusion; choppy transitions. | Lacks clear organizational structure; confusing flow of ideas. |
| **Personal Growth and Future Vision** | Exceptionally detailed and inspirational reflection on past challenges; crystal-clear future goals with specific, realistic strategies; profound advice for underclassmen. | Clear reflection on personal growth; well-defined future goals; helpful advice for peers. | Limited reflection on personal challenges; vague future goals; generic advice. | Minimal personal reflection; unclear future plans; no substantive advice. |
| **Dress & Professionalism** | Clearly practiced, polished, and well-timed within the 5-7 minute range. Dressed appropriately for the occasion. | Well-prepared but could use more practice. Meets the time requirement. Appropriate attire. | Some signs of practice, but not fully polished. May be under or over the time limit. Attire may not be fully appropriate. | Lacks practice and polish. Does not meet the time requirements. Inappropriate attire. |

**Grading Scale:**

* 22-24 Points: A
* 19-21 Points: B
* 16-18 Points: C
* 13-15 Points: D
* 0-12 Points: F

**Total Possible Points: 24**