



Reflect on Your Path

Level 5 Project

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Item 8510 Rev. 09/2023

Reflect on Your Path

About Reflect on Your Path

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 Toastmasters.

Resources

The following is a list of resources available in your digital project on Base Camp. Some of these resources, such as evaluations, are also available on the Resources section on Base Camp.

Project Checklist

Evaluation Resource

Your Toastmasters Journey

Assignment

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 celebrate your achievements.

Your speech can be humorous, informational, or any style that appeals to you and supports your speech content.

Throughout this project you will see icons in the margins next to the test. 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.



Weblink: Return to your digital project when you see this icon to link to a website or Base Camp location.

For all assignment details and requirements, review the Project Checklist.

Learning in Reflect on Your Path

Assess and Reflect



To assess and track your knowledge, complete the activity below by listing what you already know and what you wonder about the topic today. Add up to five items to each list. After you complete your project, you will have an opportunity to review your answers and add what you have learned.

Know

For example: I know how to apply the skills I have learned on this path to opportunities outside Toastmasters.

Wonder

For example: I wonder how I can identify growth opportunities that are still available to me.

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 Toastmasters.
- Compose a well-organized speech.
- Demonstrate strong public speaking skills.

Your Toastmasters Journey



Use the Your Toastmasters Journey resource 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. 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 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 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 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



Project Checklist

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

This project includes:

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

The following list includes tasks for this project. Please remember, your project is unique to you. You can use the checklist here or complete the digital version in your project on Base Camp.

Schedule your speech with the Vice President Education.

Review all your Know-Wonder-Learned responses on the projects you have completed to help you recall your learning in each one.

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

Write your speech.

Rehearse your speech.

When all components of your assignment are finished, complete your self-reflection by adding what you have learned to the last column of the Know-Wonder-Learned activity.

Evaluation Criteria



Review the criteria for the evaluation in this project. Your evaluator will use the following scale:.

5 – Exemplary 4 – Excels 3 – Accomplished 2 – Emerging 1 – Developing

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

Complete Your Project



Once you have delivered your speech and received your evaluation, take a minute to review what you recorded under “Know” and “Wonder” in the Assess and Reflect section at the start of this project. Then add what you have learned while working through this project. Add up to five items.

Learned

For example: I learned skills that allow me to encourage fellow Toastmasters.

Before You Move On

Review Your Learning

Review all the material in this project.

Deliver Your Speech

Plan, practice, and deliver your speech.

Receive Your Evaluation

Receive your evaluation and complete any other tasks required by your club.

Assess and Reflect

When all components of your assignment are finished, complete your self-reflection by adding what you have learned to the last column of the Know-Wonder-Learned activity.

Congratulations!

If you have completed every task, CONGRATULATIONS! You can continue building on your communication and leadership skills by starting a new path. There is always more to learn.



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