



A PROFESSIONAL SPEECH MAKEOVER

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## Self Assessment

Rate your own Elocution skills.

1. Record yourself reading the following paragraph.

Virginia Theater

It is usually rather easy to reach the Virginia Theater. Board car number fifty-six somewhere along Churchill Street and ride to the highway. Transfer there to the Mississippi bus. When you arrive at Judge Avenue, begin walking toward the business zone. You will pass a gift shop displaying little children's playthings that often look so clever you will wish yourself young again: such things as books and toys, and, behind the counter, a playroom with an elegant red rug and smooth, shining mirrors. Beyond this shop are the National Bank and Globe Garage. Turn south at the next corner; the theater is to your left.

2. Record yourself while you're on the phone talking to a friend.
3. Play back the recordings. What do you hear?

Complete the following checklist using the rating scale from 1-5. Be honest

1= always, 2 = most of the time 3 = sometimes 4 = hardly ever 5 = never

### Checklist

1. Do you use filler words ex. like, um, so, okay, you know, uh.....
2. Does your voice trail off at the end of a sentence?.....
3. Do you talk too fast?.....
4. Do you talk too slow?.....
5. Do you speak in a monotone?.....
6. Do you pronounce 'ing' endings as 'in'? ex. 'goin', eatin'.....
7. Do you leave out final sounds in words? Ex. Mos' a the time, i' was.....
8. Do you leave out one of the sounds in a cluster? Ex. I as't (asked) a question.....
9. Do you substitute shtr for str? Ex. Shtrength, shtreet.....
10. Do you substitute chr for tr? Ex. Chree(tree).....

11. Do you substitute jr for dr? ex jry (dry).....
12. Do you pronounce ‘the, this, them, those as duh, dis, dem, doz?.....
13. Do you say gonna, gotta, wanna, lemme?.....
14. Do you say ‘ju’ for ‘did you’?.....
15. Do you say coulda, woulda, shoulda, instead could’ve, would’ve, should’ve.....
16. Do you omit syllables in words like ‘probably’, ‘usually’.....
17. Do you add syllables to words: athalete for athlete, tickelish for ticklish.....
18. Do you transpose sounds in words: jewlary for jewelry, nucular for nuclear.....
19. Do you leave out sounds in words: libery for library, pitcher for picture.....
20. Do you change sounds in words: heighth for height, strenth for strength.....

Score.....

If your score is less than 80 your speech needs work. The Elocution Handbook video book would help you.

## LIPS

Rate your lips on a scale from 1 -3.

- 1= no movement (ventriloquist)
- 2=little movement (bad ventriloquist),
- 3= I do see rounding, smiling, and closing

Say: **oo** (as in who), **ee** (as in ‘eat’), **a** (as in ‘hot’) **m** (as in ‘me’)

Oo, ee, a, m – say this 3 times slowly while looking in the mirror.

Are your lips rounding for /oo/? .....

Are you smiling for /ee/?.....

Is your mouth open wide for /a/? .....

Are your lips firmly together for /m/?.....

Now say the months of the year while looking in the mirror. What do you see? You should see a variety of lip movements from rounding, smiling, and closing. ....

Lip Score.....

## **JAW**

Rate your jaw on a scale from 1-3

1=no movement (ventriloquist)

2=little movement

3=I see my jaw opening and closing. It opens wide enough to put my thumb between my molars at the beginning of August and October

Say the months of the year again still looking in the mirror.

You should see the jaw opening and closing but not going from side to side or jutting forward.

Jaw score.....

## **TONGUE**

Rate your tongue on a scale from 1-3

1=jaw is moving, tongue isn't

2=My tongue is coming forward

3=My tongue is doing all the work

Still looking in the mirror, say la, la, la, la, la.

Here's what you should see.

Your mouth should be open enough to see your tongue.

Is the tip of your tongue moving up and down? (It should be hitting the alveolar ridge - that's the bumpy area right behind your upper front teeth).....

Is your tongue moving forward?.....

Is your jaw moving? (jaw should be still).....

Say this sentence:

Linda likes to eat a light salad for lunch when she goes for a sail.....

Tongue Score.....

If your score for Lips, Jaw, and Tongue is less than 21 you need to tone up your facial muscles. The Oral Aerobics video book would be beneficial for you.