

Amazing Shake 2022
 Round 1
 Video Contest

Prompt: Why should I advance to the next round of the Amazing Shake?

Rubric:

	5 pts	4 pts	3 pts	2 pts	1 point	0 points
Appreciation The speaker understands the value of this exercise. Answer questions such as; How does this benefit me? Why should I take this seriously?						
Confidence The speaker exudes confidence in both what they are saying and how they saying it. The speaker maintains meaningful eye contact, appears well rehearsed (able to make smooth transition without using “um”, and does not repeat thoughts).						
Compassion/Catholic Identity The speaker is able to demonstrate their faith within their monologue, specifically the values of kindness and compassion towards others.						
Depth The speaker is able to demonstrate a deeper understanding of importance of good communication skills, good listening skills, and the skill of demonstrating a respectful attitude.						
Enthusiasm The speaker appears enthusiastic about their presentation. He/she is smiling and uses humor and humility appropriately.						
Time The monologue is between 45 seconds and 1 minute. The time is well used and without unnecessary pauses.						
Technical The video submission is well edited, without awkward or obvious breaks/edits. The lighting, volume and any other effects are appropriate and did not hinder or take away from the presentation.						

