

ENERGY SCORECARD

- Step 1.** Write in your presentation length (in minutes) _____
- Step 2.** Write in points from the 4 E's below _____
- Step 3.** Total Energy Score (Step 1 divided by Step 2) _____
- Step 4.** Determine your **Energy Score Category** from below _____

Give yourself one point for each time you use any of the following in your presentation:

If you spend more than 3 minutes on a particular item (i.e. a story, demo or activity), give yourself double points.

Examples

- Metaphor _____
- Analogy _____
- Non-Personal Story _____
- Case Study _____
- Illustration _____
- Fable/Parable/Myth _____
- Quote _____
- Reference an Article _____
- Show Headlines _____
- Demonstration _____
- Poem/Letter _____
- Facts/Figures _____
- Statistics _____
- Movie/play/TV show scene _____
- Reference a TV commercial _____
- Story from book _____
- Other _____

Emotional Connection

- Personal Story _____
- Customize to Audience _____
- Other _____


Entertainment

- Theme _____
- Video Clip _____
- Audio Clip _____
- Props _____
- Skit/Role Playing _____
- Song _____
- Joke _____
- Cartoon _____
- Dance _____
- Funny Pictures _____
- Visuals in PPT _____
- Other _____

Engagement


- Question _____
 - Open ended _____
 - Fill in the blank _____
 - Multiple-choice _____
 - T/F _____
- Discussion _____
 - With neighbor _____
 - At table _____
 - Entire group _____
- Survey _____
- Give Audience a Choice _____
- Group Activity/Exercise _____
- Other _____

Energy Score Categories




< 1.5
You are a solar flare.

Congratulations,
keep it up!




1.6 – 2.5
You are a
lightening bolt.

Any ideas for adding
a few more items?



2.6 – 4.9
You are a bright bulb.

You've got the idea,
now brainstorm ways
to make it even better!



> 5
You are a candle.

Get a group together
to help you light up
with great ideas!