

*Enthusiasm Rating Chart**

What Is Your Enthusiasm Rating?

You can determine just how enthusiastic you are by using the eight enthusiasm behaviors. The most effective method would be to videotape one or two lessons and rate yourself. If a videotape recorder is not available, persuade a colleague (with a reciprocal agreement) to observe you.

A word of caution: Don't rely too heavily on the results of only one observation. Repeated observations will enable you and your observer to evaluate the level of enthusiasm. Try changing your low-enthusiasm performance to high by practicing the behaviors below. In general, a score of 8-20 dull or unenthusiastic level; 21-42 moderate level of enthusiasm; 43-56 very high level of enthusiasm.

DEGREE OF PERFORMANCE

	LOW		MEDIUM			HIGH	
	(1)	(2)	(3)	(4)	(5)	(6)	(7)
1. Vocal Delivery	Monotone, minimum inflections, little variation in speech, poor articulation.		Pleasant variations of pitch, volume, and speed; good articulation.			Great and sudden changes from rapid, excited speech to a whisper; varied tone and pitch.	
2. Eyes	Looked dull or bored; seldom opened eyes wide or raised eyebrows; avoids eye contact; often maintains a blank stare.		Appeared interested; occasionally lighting up, shining, opening wide.			Characterized as dancing, snapping, shining, lighting up frequently, opening wide, eyebrows raised; maintains eye contact while avoiding staring.	
3. Gestures	Seldom moved arms out toward person of object; never used sweeping movements; kept arms at side or folded, rigid.		Often pointed, occasional sweeping motion using body, head, arms, hands, and face; maintained steady pace of gesturing.			Quick and demonstrative movements of body, head, arms, hands, and face.	
4. Body Movement	Seldom moved from one spot, or from sitting to standing position; sometimes "paces" nervously.		Moved freely, slowly, and steadily.			Large body movements, swung around, walked rapidly, changed pace; unpredictable and energetic; natural body movements.	
5. Facial Expression	Appeared deadpan, expressionless or frowned; little smiling; lips closed.		Agreeable; smiled frequently; looked pleased, happy, or sad if situation called for.			Appeared vibrant, demonstrative; showed many expressions; broad smile; quick, sudden changes in expression.	
6. Word Selection	Mostly nouns, few descriptors or adjectives; simple or trite expressions.		Some descriptors or adjectives or repetition of the same ones.			Highly descriptive, many adjectives, great variety.	
7. Acceptance of Ideas and Feelings	Little indication of acceptance or encouragement; may ignore students' feelings or ideas.		Accepted ideas and feelings; praised or clarified; some variations in response, but frequently repeated some ones.			Quick to accept, praise, encourage, or clarify; many variations in response; vigorous nodding of head when agreeing.	
8. Overall Energy Level	Lethargic; appears inactive, dull, or sluggish.		Appeared energetic and demonstrative some-			Exuberant; high degree of energy and vitality; highly demonstrative.	

*Enthusiasm Rating Chart was developed by Mary L. Collins, 1976