



TIMER APP

# The "Critical Sandwich" Scorecard: A Blank Evaluation Template

A Strategic Framework for High-Value Speech Evaluations

By Jel Salamanca | Unofficial Guide

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## Speaker Profile

- **Speaker Name:** \_\_\_\_\_
  - **Speech Title:** \_\_\_\_\_
  - **Pathway/Level:** \_\_\_\_\_
  - **Target Time:** \_\_\_\_\_ **Actual Time:** \_\_\_\_\_
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## Section 1: The Connection (The Top Bun)

*Don't just say "Good Job." identifying specific strengths builds trust.*

**The Hook:** How did they grab attention in the first 30 seconds?

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**The Strengths (Check all that apply & Circle the strongest):**

- ☐ **Clarity:** Was the message easy to follow?
- ☐ **Humor:** Did they make the audience laugh?
- ☐ **Vulnerability:** Did they share a personal truth?
- ☐ **Confidence:** Did they own the stage?

**Specific Praise (The "I Loved" Moment):**

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## Section 2: The Construction (The Critical Meat)

*Focus on Observation + Impact. Avoid "You should have..." Use "I felt..."*

**Area for Improvement 1: Delivery** (e.g., Eye contact, hand gestures, stage movement, vocal variety)



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- I Saw/Heard: \_\_\_\_\_
- The Impact was: \_\_\_\_\_
- I Suggest: \_\_\_\_\_

**Area for Improvement 2: Content/Structure** (e.g., confusing transition, weak conclusion, too much data)

- I Saw/Heard: \_\_\_\_\_
  - The Impact was: \_\_\_\_\_
  - I Suggest: \_\_\_\_\_
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### **Section 3: The Conclusion (The Bottom Bun)**

*Summarize and Empower. End on a high note.*

**The Summary (Recap the main points quickly):**

1. Keep doing: \_\_\_\_\_
2. Work on: \_\_\_\_\_

**The Challenge (Stretch Goal):** "To take this to the next level, I challenge you to..."

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### **How to Practice Your Evaluation**

An evaluation is a speech in itself (2 to 3 minutes). You need to be concise.

1. Open the [Free Speech Timer](https://tm.jelsalamanca.com/resources/) on your phone.
  2. Set the mode to **"Evaluation (2-3 min)"**.
  3. Look at your notes above.
  4. Practice delivering your feedback out loud. Ensure you hit the **"Construction" (Meat)** section before the Yellow Light (2:00) turns on!
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**Get more free tools at:** <https://tm.jelsalamanca.com/resources/>

*Disclaimer: This worksheet is a personal resource created by Jel Salamanca. It is not an official publication of, nor is it affiliated with or endorsed by, Toastmasters International.*