



Fluency Self-Evaluation (within session)

How fluent am I at the **START** of the session?

not at all fluent 1	occasionally fluent 2	often fluent 3	mostly fluent 4

How often do these features occur in my speech? [See page 2 for examples]

	most of the time	sometimes	never
repetitions			
prolongations			
hesitations			
blocks			

How fluent am I at the **END** of the session?

not at all fluent 1	occasionally fluent 2	often fluent 3	mostly fluent 4

How often do these features occur in my speech now?

	most of the time	sometimes	never
repetitions			
prolongations			
hesitations			
blocks			

Is there a difference in my speech between the start and the end of the session?

Has my speech become worse or better during the session?

Why?

Am I concerned about this?

Am I pleased about this?

What will I do between now and the next session to ensure more fluent speech?



Key Terms

REPETITION

There are four main types of repetition exhibited in speech. These are repetitions of:

- *sounds*, e.g. *I m...m...m...might*
- *syllables*, e.g. *it's her bi...bi...bi...biscuit*
- *words*, e.g. *the girl was...was...was...was there*
- *phrases*, e.g. *I never go...I never go...I never go to football games*

PROLONGATION

Two types of speech sound may be prolonged:

- *consonants*, e.g. *sssss-so what is it?* and *mmmmm-my name's Graham*
- *vowels*, e.g. *baaaaa-by, foooooo-ood*

HESITATION

Hesitations (or *hesitators*) may be silent or filled:

- *silent*, e.g. *and she said...(pause for 3 seconds)...I did it*
- *filled*, where the silence is filled with vocalizations such as *erm, uh, oh*, for example, *and he went...erm...there yesterday*

BLOCK

Blocking typically occurs when two articulators come together with excessive force, e.g. when the two lips come together to form the consonant sound /b/. Rather than parting the two articulators rapidly and easily, the speaker is unable to release the contact between them and a great deal of tension may build up. In severe cases a speaker may be unable to release a blocked sound for several seconds.

FLUENT

Fluent speech is the smooth, easy flow of speech when a person speaks without tripping up over their words and without a lot of repetitions, prolongations, hesitations and blocks.