Self-Evaluation Form Fluency (SEFF)

How fluent was I?

never fluent 1	occasionally fluent 2	often fluent 3	mostly fluent 4

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

	most of the time	sometimes	never
repetitions			
prolongations			
hesitations			
blocks			

How often did I use slowed speech?

never 1	occasionally 2	often 3	most of the time 4

How effective was I at communicating?

not at all effective 1	a little 2	a lot 3	very 4

Were there any obstacles to me communicating effectively?

YES	NO

If YES, what were they?

The ONE thing I will do to improve my performance next time is…

SLTINFO

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 *mmmmmm-my name's Graham*
- *vowels*, e.g. *baaaaaa-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.