

Self Critique/Review (rev. 9/07)

After both your second and last performance in front of the class (before the final performance), You are to write a critique, or review, of your performance. This should be at least one full page and up to two pages long, double spaced.

Your report should reflect concepts of performance anxiety, and techniques for working with them, from one of the performance books in Ron's library or some other *credible* source.

You don't need to cover every point in this template, but you should address most areas.

1. List the piece(s) you played
2. Describe your mental state before performing; what sort of self-talk were you engaged in?
 - What were the physical symptoms of nervousness?
3. How did you pro-actively engage with pre-performance anxiety? Describe your process.
4. Describe your overall comfort (physical and mental) in front of the class.
5. What were your overall goals in performing this time around?
 - List the areas where you felt you were successful in achieving these goals.
6. Were there technical areas that you felt were particularly weak?
 - Was there a particular technical area you would like to focus on to become stronger or more accurate?
 - What, specifically, could you have done (or will you do) to better prepare for these areas?
 - What section(s) of the piece was most challenging for your memory? Is there a particular reason this section is difficult? How can you work with this?
 - Is the piece too hard for your current level of development?
7. With your answers to the previous questions in mind, what sorts of things will you focus on doing to improve your success and comfort level with performance? Make your answers to this question an integral part of your practice/study routine.