

Self-Awareness Evaluation

Using a cell phone recording (audio and video)

by Linda Chesis

Date of the Assessment: __/__/__

1. Choose and record one phrase – no more than 10-12 seconds of music.
2. Listen to the recording once just to get used to hearing yourself. First notice what you like about your playing! Jot down some thoughts

Listen again for :

Note accuracy. Did you notice any passages that need more detailed work? Notes that didn't speak properly? Jot down some thoughts:

Finger technique – are there awkward passages that need more attention? We can break this down.

Tempo – is anything rushing or dragging?

Rhythm – (which can be subjective) – but is everything correctly subdivided and in place. You can deal with rubato later.

Articulation – is it clear? Is it varied? Are the lengths of notes consistent?

Breathing – is it too noisy? Is it relaxed? Does it feel like it's getting in the way of your phrasing?

Dynamics/nuance – on an iPhone you really need to exaggerate for this to come across.

When you add a video component do the following:

Look at posture and facial expression. What did you notice? Are you relaxed but not slouching? Do you notice tension in your facial expression? Does your face reflect the character of the music you are playing?

Look at your hands and arm position. Look at your shoulders. Notice your feet. Finally, look at the shape of your embouchure (if you are a flutist or other wind player).

Now summarize what you've learned.

What would you KEEP doing? (don't throw the baby out with the bath water!)

What would like to change and how will you facilitate this?

Keep this as a "baseline" recording so you can witness your progress when you begin to work out the details.
