

Name \_\_\_\_\_

Date \_\_\_\_\_

## *Elements of Rehearsal Technique (self-assessment)*

### **1. Responsibility**

Responsibility in rehearsal is keeping your music/lyric sheets in good condition, being in your seat, staying in your row/section, practicing sections of your music that needed work, and doing the best you can.

### **2. Responsiveness**

Responsiveness means that you watch and listen to your conductor so you can respond to different conducting gestures. *This is how choirs make music.*

### **3. Posture**

Posture is key to supporting your singing. This means you should model correct singing posture, whether sitting or standing: back straight, feet flat, chest up. Music is held up to allow for best posture and freedom of breath.

### **4. Active participation**

Active participation means that you are always working on your music during rehearsal. If your director is addressing the needs of another section, you are listening and taking mental notes, possibly looking over a section you need to master, or audiating your part. If discussion is taking place during rehearsal you listen to all questions and responses since most if not all will apply to you.

### **5. Goal setting/Plan of improvement**

We always have goals for each day for each piece of music we rehearse. This is for 1/3 of each term. What goals do you need to set as a singer to make the group goal happen? Do you need to work on a specific interval, finding a certain pitch or pitches, modifying your tone, improving your posture, breathing more deeply? The choir cannot move forward without everyone setting individual goals. What do you need to do to make the music happen? What can you do to improve you and the group?

Circle the score you have earned (always, usually, etc.) for each element. Be honest! I will check your scores. Total your score below and make sure to jot down your thoughts on how you can improve.

Element	Consistently	Frequently	Sometimes	Rarely	Not Using
Responsibility	4	3	2	1	0
Responsiveness	4	3	2	1	0
Posture	4	3	2	1	0
Active Participation	4	3	2	1	0
Goal Setting	4	3	2	1	0

Total score \_\_\_\_\_/20 (A=17-20, B=13-16, C=9-12, D=5-8, F=0-4)

How can you improve your score? What goals can you set to improve you and the group?

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