

Self-Assessment Worksheet using a Video Recording.

Student Name: _____

Date of the Assessment: _____

1. Watch the recording one time through just to enjoy it and celebrate all that you've learned.
2. Watch the video again, listening for note accuracy. Did you notice any passages that need more practice? If so, make a few notes: _____

3. Watch the video again, listening for musical expression: tempo, dynamics, articulation. How did these things work together to create an interesting piece of music?

4. Watch the video again looking for technique. Are there passages that need more work? What do you need to do to make them better? What specific things can you do in practice to make improvements?

5. Watch the video again. Look at your hands and arm position. Next Look at your shoulders. Notice your feet. Finally, look at the shape of your mouth (especially if you performing on anything other than piano or strings). What are you doing with body position that is contributing to a good technique and beautiful sound. What might you tweak to improve the sound or technique?

6. Watch the video again, then time looking at posture and facial expression. What did you notice? Would you change anything? Write down a few thoughts. Are you slouching or standing tall? Is facial expression pleasant or do you have a look of confusion or pain on your face? All of these factors contribute to the musical presentation.

7. Now summarize what you've learned. Consider writing it in these terms:
What would you KEEP doing? Celebrate the success.

What would you STOP doing? How can you make these adjustments?

What would you like to START doing? How can you change your practice to make this a reality?

