



Name _____ VI LE _____ Date ___09/16/15 Period _ 2 _____



Orchestra SELF-EVALUATION AND REFLECTION

1. Use this rubric to evaluate your musicianship. Indicate in each box below the score you would give yourself in each area, according to your rubric.

1-5	1-5	1-5	1-5	1-5	1-5	#/25
Rhythmic & Pitch Accuracy	Sight Reading	Tone	Tuning	Technique	Posture	TOTAL
3	1	5	4	3	5	21

2. Now you will analyze your strengths and weaknesses based on your scores for each category, and then set specific goals for improvement.

A. **Strengths:** Choose one of the categories in which you scored the highest and explain at least three reasons why your score is high in this category. Do not simply repeat the wording from the rubric. Be specific!

Tone:

1. My tone sound smoother than before, I can tell a difference from when I play a high note last year and now. There is less squeak.
2. In slow passages, I can play with a little bit more expression since my vibrato has improved.
3. I am now conscious of my bow placement to get a better sound for certain phrases of music. (For example, which part is the most comfortable for me to play fast sixteens notes that will bring out quality sound)

B. **Areas in need of Improvement:** Based on your scores in each category, now identify two areas in which you need to improve. Explain three reasons why you received a low score. Do not simply repeat the wording from the rubric. Be specific!

Sight reading and Techniques

1. I felt that my sight reading from last year was better. When we sight read this year, I kept forgetting to look ahead in the music and focus too much on the note instead of the rhythms. When I think about the notes, I lose my place during fast passages.
2. I struggle with continuous double stops and fail to get a proper sound that is not harsh.

3. Long tie and high position shifting in fast run also give me trouble because my fingers can't keep up with the rhythm.

3. Based on the results above, choose two areas that you need to improve in. Set specific and realistic goals that will help you improve in the two areas that you selected. Set goals that you can achieve within the next two months. Then tell exactly what you will do to achieve each goal. Remember, there is ALWAYS room for improvement!

Objective: By the end of 2015, I will be comfortable:

- 1) playing open-string and single note double stop.
- 2) playing long ties without divide out the bowing
- 3) increasing speed (about 100-120 bmp) with sixteenth notes
- 4) vibrato in higher position
- 5) sight reading

Plan:

- 1) double stop etudes -- seitz's double stop measures
- 2) scales with 8 tie going up to high position (start slow about 40-50 and go up to 100 meanwhile making sure notes are in tune)
- 3) scales with separated bowing, sixteenth notes (working on clarity and left hand)
- 4) vibrato pulse practice (pinky)
- 5) sight reading factory