



Name VI LE Date 09/01/14 Period Orche 3 H



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
2	1	3	4	1	3	14

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!

Tuning:

1. I think I have decent hearing so usually, tuning the instrument is not exactly difficult to me.
2. I can play simple tunes by ears if I listen to them enough.
3. When I'm unable to read the rhythms of a passage of music, listening to it many times helps me get it quicker than trying to count out the beat.

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:

1. Sight read most intermediate music

Techniques:

2. When playing fast notes that require shifting, my fingers go out of places, making my pitches to be inaccurate
3. Playing tremolo and adjusting to the right playing lanes in order to get the correct dynamic are two problems I have with bowing. My bows does not tend to stay in one

spot but always moving, and sliding toward the fingerboard even when I'm meant to play in the middle, this usually happen when I play fast and when I attempt to play loud.

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!

Orchestra Planning Assignment

OBJECTIVES:

In two months, I'll be able to:

- stand/sit up straight while playing in order to improve the visual aspect of my performance
- control my bowing and especially avoid bow sliding to improve tone and dynamic
- play tremolo for more than 10 measures without stopping or cramping up in order to improve techniques
- shift to second position/ third position then back to first with minimal pitches inaccuracy to improve intonation

PLAN:

- make a mini-plan (on a post it note) with goals on it to remind and motivate myself every time I practice
 - practice in the mirror to check for straight posture and do this every time to create a habit
 - use the mirror to also check for bowing; use straws to help when not practicing repertoire music – do this with scales and dynamics
 - do shifting practice by playing at least 2 octaves of scales for an hour or more each week.
- OR practice music in another position other than first to increase familiarity with playing and reading notes in that position
- play scales using tremolo or use repertoire music such as Mozart's Symphony 25th (m.39-57) to work on the skill; aim to play at least 5 measures the first few weeks then gradually add more