

The habits of intentionality, goal-setting and self evaluation are critical tools for improving as a musician, both as an individual and member of an ensemble. After each concert cycle I will ask you to take time contemplate, ruminate and evaluate your recent performance, your growth over the previous 4-6 weeks and chart a path for continued growth in the next cycle stating specific aspirations and goals.

1. Please create a Google Doc with the title “<Your Last Name, First Name> ASO 202X-2X Goals and Self Evaluation.”
2. Share it with me: cockrell@email.arizona.edu. Grant me access to edit it, so we can maintain a periodic and confidential dialogue – mainly after concert cycles and at the end of the semester. Something like an online office hour dialogue.
3. Although I will require a contribution to your log after each concert, you may contribute to this document more frequently as you deal with challenges, share frustrations and celebrate triumphs. I am not looking for long essays, rather evidence of self-reflection and some specific, obtainable goals for the next cycles and semester.
4. As you develop and grow in this habit, you will find that the more specific your evaluations and more refined your goal-setting become, the greater the benefit of the practice will be.
5. I will also share thoughts, suggestions to guide as you move forward. Near the end of term, I will ask for a brief summary and overview of your accomplishments this semester.
6. Please create this document and complete the first entry no later than midnight on the Friday after the first concert of the semester

For your first entry with the heading: <Date of concert> self evaluation and goals for <date of next concert.>

Think back on the performance and the rehearsals leading up to it. In what ways did you grow over the four-week preparation period culminating in our performance?

Consider: the various dimensions and skills of orchestral/ensemble playing including, leadership, preparation, method and efficiency of practicing, specific improvements in your technique, listening and analytical skills, intonation, rhythm, pulse, performance quality, pacing of your preparation, comfort/efficiency in performing, accompanying skills, ability to follow, musical awareness, nerves, social challenges of playing with others, etc.

Some possible prompts:

- **Think of the big picture, but don't discount the small.**
- **Is there a good habit to establish or a bad one to break?**
- **How did your performance reach or not reach your expectation?**
- **Take pride in your triumphs** –nailing a particularly difficult passage, conquering a challenge which at first you thought to be unsurmountable.
- **Define and describe at least two areas for specific improvement for this concert cycle.**