

Assessing Your Performance Skills

by Gerald Klickstein

1. I understand how performance stress affects me before, during, and after a concert.	T or F
2. I don't feel threatened by performance stress.	T or F
3. I'm aware of the personal, task-related, and situational causes of performance anxiety in general and with me in particular.	T or F
4. When I have trouble on stage, I always know how to practice to bring about improvements in my next performance.	T or F
5. Of the five facets of performance preparation (artistic, technical, physical, mental/emotional, organizational), I know the areas in which I'm capable and any in which I need to make progress.	T or F
6. In the areas of preparation in which I'm weakest, I have plans for how to advance.	T or F
7. On the day of a concert, I know how to prepare myself and my things to minimize stress.	T or F
8. Upon arrival at a venue, I'm capable of managing the backstage environment, supervising stage setup, and working with any staff.	T or F
9. When I'm restless backstage, I use specific techniques to ease my discomfort and awaken my creativity.	T or F
10. I feel secure walking on stage, bowing, and carrying out all of the other aspects of stage deportment.	T or F
11. I can project a stage presence that contributes to an audience's enjoyment of my performance.	T or F
12. I'm able to start and end pieces with consistent control.	T or F
13. During a performance, I know how to employ tactics—such as deep breathing, mental focus, and positive self-talk—that lessen the unwanted effects of arousal.	T or F
14. Even if I'm nervous, when performing accessible material, I can still be sufficiently accurate and expressive.	T or F
15. Performing often stimulates me in constructive ways and helps me be creative.	T or F
16. When performing, I'm committed to giving my listeners the best possible experience; I don't give in to self-conscious worries.	T or F
17. I can speak to an audience in a personable way.	T or F
18. I can handle on-stage errors to curtail their musical impact.	T or F
19. While performing, I let errors go and seldom become distressed.	T or F
20. After a concert, I'm able to accept my performance and not berate myself for slip-ups.	T or F
21. Following a performance, I'm supportive of my colleagues and courteous to my listeners.	T or F
22. I deliberately evaluate my performances.	T or F
23. I regularly practice performance skills by doing private run-throughs and performing for peers.	T or F
24. I know where to find expert help for any performance problems that I can't solve on my own.	T or F
25. I'm confident that my performance skills either suffice or are improving.	T or F