

Final Paper:

35% of the final mark

Final paper on December 5 at 9:00 am

Objectives

After this assignment, the student will be able to:

- **Evaluate** performances, **set goals**, **choose** appropriate strategies to overcome debilitating performance anxiety symptoms and **associate** his experience with stress theories.

Guidelines

The paper (4-5 pages) should include the following components or equivalent information:

- **Intro:** Context of the mock audition – Describe the piece, challenge, set goal, etc.
- **Core section of the paper**
 - **Section 1: The mock audition analysis**
 - *Symptoms:* Describe the cognitive, affective, behavioural and somatic symptoms (before, during, and after the mock audition);
 - *Attention styles:* Describe the types of attention (broad, narrow, internal, external) and the level of attention used during the audition.
 - *Objective analysis:* Within the symptoms experienced and the attention styles used during the mock audition, identify at least three areas that are well under control and three that require improvement.
 - **Section 2: The action plan**
 - *Goal setting:* Using the SMART technique, set goals for the areas that need improvement as indicated in the first section of this paper.
 - *Strategy implementation:* Propose new strategies to help achieve your goals. Describe them briefly and, based on your experience during the term (i.e. strategies practiced in the journal), explain how you think they will help you achieve your goals.
- **Conclusion: The mock audition and your performance enhancement approach**
 - Describe two stress theories or more and discuss how being aware of these impacted your mock audition. Speculate on how you think it will influence your approach to performance enhancement in general.
 - In a final paragraph or two, describe the most striking aspects you learned about yourself through the mock audition process and through the entire term. How will these learning help you in the future? What questions are you left with about your approach to music performance enhancement?

Evaluation criteria:

1. Comprehension and assimilation of the concepts
2. Reflection, applicability and personal involvement
3. Clarity and coherence; Control of language; Organization, Structure and Format

Final Paper: 35% of the final mark Name:	Comprehension and assimilation of the basic concepts	Scale	Comments and grades /35
Content			/51
Intro- Context	Is an intentional plan for the mock audition described?	0 1 2 3	
Mock Audition Analysis			
Symptoms	Are all four categories of symptoms included for the entire process (before, during, after) and well described?	0 1 2 3	
Attention styles	Do attention style (4) descriptions demonstrate understanding?	0 1 2 3	
Areas under control and areas to improve	Are areas of strengths & improvement well described and linked to the symptoms and attention styles?	0 1 2 3	
The action plan			
Goal setting	Is the SMART technique used optimally?	0 1 2 3	
	Are the goals linked to the areas identified previously?	0 1 2 3	
Strategies	Are strategies well described and linked to needs?	0 1 2 3	
Conclusion			
Stress theories	Do the descriptions of the theories demonstrate understanding?	0 1 2 3	
Reflection, applicability and personal involvement			/51
Areas under control and areas to improve	Does the discussion of the strengths & weaknesses show a high-level of self-awareness?	0 1 2 3	
Strategies	Does the choice of strategies in the action plan reflect the experience gathered throughout the term?	0 1 2 3	
	Does the writing reflect in-depth reflection on the experience before, during and after the mock-audition?	0 1 2 3	
Overall reflection	Does the discussion in the conclusion seem personally relevant?	0 1 2 3	
	Does the discussion in the conclusion include both what has been learned and what needs to be learned?	0 1 2 3	
	Is the text overall linked to personal experience?	0 1 2 3	
Clarity & coherence; Control of language; Organization, Structure & Format			/51
	Is the writing clear and coherent?	0 1 2 3	
	Is the text exempt of typos and grammar errors?	0 1 2 3	
	Is the paper well organized and easy to follow?	0 1 2 3	
Total			

Scale: 3: Excellent; 2: Good; 1: Needs Improvement; 0- Absent.