

Women's Voices Chorus

Self-Assessment

Circle one in each row: **A** – Always **S** – Sometimes **R** – Rarely **N** – Never

Rehearsals and Performances

A	S	R	N	I attend rehearsals and keep absences within the allowed number.
A	S	R	N	I arrive on time with music and pencil ready.
A	S	R	N	I remain focused during the rehearsal and avoid causing distractions.
A	S	R	N	I contribute a positive attitude during the rehearsal.
A	S	R	N	I keep an open mind.
A	S	R	N	I wear the required attire and have a black folder for performances.
A	S	R	N	I keep my music in good condition and return it at the end of the semester.
A	S	R	N	I sing with an expressive face during performances.

Musical (during rehearsals/performances)

A	S	R	N	I sing with proper alignment/posture that allows for optimum breath support.
A	S	R	N	I hold my music up so that I can watch the conductor for cues, phrasing, dynamics, etc., while maintaining proper singing posture.
A	S	R	N	I listen to others and work to blend and balance my voice with those around me.
A	S	R	N	I accurately sing pitches (in tune) and mark in my music the sections that need my extra attention.
A	S	R	N	I accurately sing rhythms/tempo and mark in my music the sections that need my extra attention.
A	S	R	N	I sing with appropriate dynamic levels as marked in the score and/or as directed by the conductor.
A	S	R	N	I sing with appropriate phrasing, breathing with the chorus as directed (or stagger breathe).
A	S	R	N	I sing with appropriate articulations (legato, marcato, staccato, accented, etc.) as marked in the score and/or as directed by the conductor.
A	S	R	N	I sing with a vibrato that I can minimize as needed to blend tune/with my section and is appropriate to the style of the repertoire.
A	S	R	N	I sing with clearly articulated consonants and resonant/uniform vowel shapes.
A	S	R	N	I am confident in singing all the repertoire (pitches/rhythms) correctly at least 4 weeks prior to the performance so that the final rehearsals can be focused on expression/polishing.
A	S	R	N	I memorize music as needed.

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Musical (outside of rehearsals/performances)

A	S	R	N	I sing every day – 10-20 minutes of focused singing helps keep my voice healthy and strong. For an excellent resource, see: KHansenMusic (Kathleen Hansen) YouTube videos
A	S	R	N	I practice with a tuner – TonalEnergy Tuner (there are many other tuners, as well). I practice singing major and minor scales as well as WVC repertoire note by note, focusing especially on challenging phrases. TonalEnergy Tuner
A	S	R	N	I read the weekly rehearsal notes from the Artistic Director and mark my music accordingly.
A	S	R	N	I practice my music as needed so that I am prepared for rehearsals.
A	S	R	N	I study the text of the repertoire and find personal connections.
A	S	R	N	I let my section leader know when I need help.

Volunteer/Sisterhood

A	S	R	N	I volunteer when I can to serve in leadership positions.
A	S	R	N	I help as needed and as I am able with weekly tasks such as set up/take down.
A	S	R	N	I participate as much as I can in chorus social events.
A	S	R	N	I support other chorus members in times of need (calls, meals, cards, etc.)
A	S	R	N	I try to learn everyone's name and wear my nametag to help others learn my name, too.
A	S	R	N	I try to especially welcome and support new members.
A	S	R	N	I pay my dues, return my unsold tickets on time, etc. without being reminded.
A	S	R	N	I support the leadership of the chorus and my fellow chorus members by reading emails and regularly reviewing the information posted on the WVC website (announcements, chorus and board info, chorus handbook, calendar, and practice files).