

# WORKSHEET 5

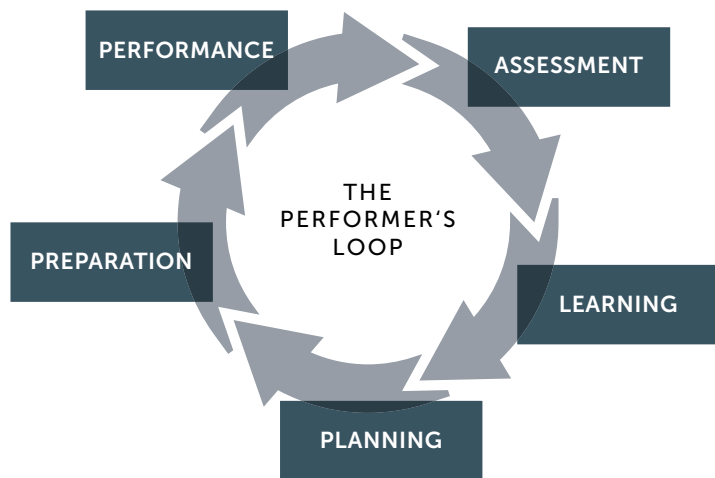
## USING PERFORMING AS A LEARNING PROCESS:

## THE PERFORMER'S LOOP

Devised by Robert Schenck

The Performer's Loop helps you to assess your performances, learn from them and be able to take new steps.

Any performance can be used to do this: in a group lesson, in a workgroup lesson, a class performance evening, a concert outside school or even your own lesson.



This model illustrates how learning to perform well is a circle – or a spiral – of never ending development. To activate this spiral, fill out the form below immediately after each performance.

### Illustration of the loop

Take a look at the illustration to focus on the Loop itself before the first self-assessment. It can help to gain perspective and facilitate a healthier attitude in performance. Every performance contains valuable information for the next ones; both when it goes well and (especially!) when things don't go the way you wanted!

### Completing the table

The chronology of steps in this form is important.

In **Step 1** write down the emotions you felt directly after performing. These emotions are important to acknowledge first since they can be strong, but often not very constructive for non-judgmental feedback and future planning.

In **Step 2** you describe what actually happened during the performance in a detailed and non-judgmental way – for example:

- I was sharp in the upper register.
- I played no wrong notes in the technical passages that I had practiced most.
- I was concentrated most of the time – but not in the second movement.
- I felt very lethargic at the beginning – I ate too much beforehand.
- I experienced the piece as a whole for the first time at the performance.
- When I focused vividly on hearing the phrase loudly in my head, it seemed easy.
- I became much more concentrated after the interval.
- As soon as I saw her in the audience I tensed up and stopped listening.
- During the performance the feeling of flow filled me with joy.

In **Step 3** describe the steps you want to take and your plans – for example:

- For my next audition, I will ... (based on observations made in step 2).
- I won't have a heavy meal before the concert.
- I'll practice focusing on hearing the next phrase clearly and with nuance.

