

## GUIDELINES FOR SELF-EVALUATION

Two guidelines for self-evaluation — Evaluating Your Contest Performance and Guidelines for Raising Your Performance Level — are provided to each competing quartet and chorus at regional and international competitions.

### EVALUATING YOUR CONTEST PERFORMANCE

1. Read all judges' scoresheets.
  2. Check your scores for each category. What level are they? (A+, A, B+ B, C+, etc.)
  3. Check the official tabulation to locate your overall placement.
  4. Analyze the placements of all contestants by each individual judge.
  5. Play your contest tape while you read the scoresheet comments.
  6. For comparison, play one of your last rehearsal tapes before competition.
  7. Note the one-time errors — those due to unusual circumstances before or during the contest, those due to nerves, etc.
  8. List your strengths as indicated on the scoresheets, e.g., "good contest material chosen," "good overall accuracy," etc.
  9. List areas needing improvement, e.g., "choppy phrasing," "need more breath support," "not enough dynamics," etc.
  10. Note the areas in which there has been improvement since your last competition.
  11. Give more consideration to your relative placement in the contest and to your scoring levels than to whether your numerical scores are higher or lower than last year.
  12. Set some specific goals for the coming year. Some possible examples:
    - A. Decide to improve in at least *one* area mentioned on the scoresheets.
    - B. Consider getting outside coaching assistance.
    - C. Select contest music earlier.
    - D. Use a tape recorder regularly at rehearsals.
    - E. Accept more performances.
    - F. For choruses, hold regular section rehearsals.
    - G. Ask your Education Coordinator for specific craft classes for your chorus or for the region.
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13. After considering all of the above, if you still have questions, write to your judges within 30 days after your contest date. (Judges are permitted to destroy their copies of scoresheets after that time.) It has been suggested that contestants writing to the music judge include a copy of the tape of their performance and a copy of the arrangement. Please send a copy of any correspondence to the Director of Music Services at international headquarters.
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