

EVALUATION FORM II

Complete the self-evaluation below. Leave those elements blank that are basically correct; use + for very good elements and – for those that need improving.

____|____ Dynamics

____|____ Dead Beat

____|____ Accents

Posture—Arm/Hand Positioning

____|____ proper foot position
 ____|____ knees relaxed
 ____|____ straight spine
 ____|____ sternum up
 ____|____ shoulders back/down
 ____|____ head high

____|____ upper arm forward
 ____|____ elbow lifted
 ____|____ forearm—upper arm angle
 ____|____ forearm extended
 ____|____ proper hand position
 ____|____ fingers naturally curved

Preparation

____|____ mental set
 ____|____ group scan
 ____|____ smooth preparatory gesture
 ____|____ rhythmic breathing motion
 ____|____ eye contact

____|____ correct tempo
 ____|____ correct dynamic level
 ____|____ correct articulation
 ____|____ clear ictus
 ____|____ confident and assuring demeanor

Four Pattern and Releases

____|____ vertical plane location
 ____|____ vertical plane amplitude
 ____|____ horizontal plane location
 ____|____ horizontal breadth
 ____|____ clear ictus on each beat

____|____ pattern clarity
 ____|____ internal releases
 ____|____ final release
 ____|____ release preparation
 ____|____ communication

Baton Grip and Use

____|____ proper contact points
 ____|____ natural curve of fingers
 ____|____ correct direction of baton

____|____ baton on vertical plane
 ____|____ ictus at baton tip
 ____|____ ictus on horizontal plane

Evaluation Summary. Summarize your conducting evaluation in narrative form. Write one paragraph summarizing the positive elements of your conducting and one paragraph on those elements that need improving.

Summarize positive elements:

Summarize those elements in need of improvement: