

NAME: _____ DATE: _____ NO: _____

CONDUCTING SELF-EVALUATION FORM

Preparatory Gesture

My hand comes to a complete stop BEFORE the prep gesture.	Yes	No
I gave the preparatory gesture in the correct tempo and style.	Yes	No
I breathed for the ensemble.	Yes	No
I gave only one preparatory beat to start the ensemble.	Yes	No
I gave a preparatory beat within my conducting window.	Yes	No
My preparatory beat matched my conducting pattern size and width.	Yes	No

Conducting Pattern

	<u>Never</u>	<u>Some</u>	<u>Most</u>	<u>Always</u>
My conducting pattern remained in the same tempo.	1	2	3	4
My conducting pattern remained in the correct style.	1	2	3	4
My ictus was clear and consistent.	1	2	3	4
My ictus was delivered at the abdomen.	1	2	3	4
My conducting pattern remained in my conducting window.	1	2	3	4
My conducting pattern size and width remained consistent.	1	2	3	4

Cutoffs

I gave the final cutoff on the correct beat.	Yes	No
I gave the final cutoff in the correct style.	Yes	No
I gave the final cutoff within my conducting window.	Yes	No
My final cutoff clearly indicated the ending of the piece.	Yes	No

Posture/Arms

	<u>Never</u>	<u>Some</u>	<u>Most</u>	<u>Always</u>
My posture was expansive and tall.	1	2	3	4
My body was free of tension.	1	2	3	4
My wrist was controlled, yet still free.	1	2	3	4
My elbow position allows for an expansive posture.	1	2	3	4
My fingers are gently curved and slightly separated.	1	2	3	4

Comment below on your performance in the following areas. Be sure to address all items listed.

Strengths/Weaknesses

Leadership Qualities *Facial Expression, Posture, Eye contact, Confidence*