

Appendix 1: Self-Evaluation Form for Video Recording

1. How would you rate your overall performance, on a scale of 1-10? _____
2. How would you rate these specific areas of your performance, on a scale of 1-10?

Accuracy _____
Concentration _____
Memory _____
Confidence _____
Musicality _____

3. Did you notice anything in the videotape that you did not notice while you were playing? It may be related, for instance, to your own body movement or how the piece came across to the audience (for example, pacing, dynamic intensity, or musicality).
Circle one: Y N

If so, what was it?

4. What areas needed improvement? Describe them in detail.
5. What areas were especially good about your performance? Describe them in detail, as well.
6. Write any other comments that you have about your performance or the impact of watching it on video.