

PROGRESS ASSESSMENT AND S.M.A.R.T. GOALS

by Dr. Brian A. Shook

Name: _____

Major: _____

Class Year: _____

Projected Graduation Date: _____

MUSICAL STRENGTH and WEAKNESS ASSESSMENT

On a scale from 1 to 10 (with 10 being the strongest), rate your ability on each of the following:

- | | |
|----------------------------------|----------------------------------|
| _____ Tone/beauty of sound | _____ Critical listening |
| _____ Intonation | _____ Clear/precise articulation |
| _____ Accuracy | _____ Ensemble skills |
| _____ Solfege | _____ Breath control |
| _____ Power of sound | _____ Practice habits |
| _____ Dynamic contrast | _____ Articulation versatility |
| _____ Lip bends | _____ Double tonguing |
| _____ Pedal tones | _____ Triple tonguing |
| _____ Soft playing | _____ Single tongue speed |
| _____ Phrasing/musicality | _____ Flutter tonguing |
| _____ High range | _____ Whisper and pop tones |
| _____ Low range | _____ Free buzzing |
| _____ Consistent timbre | _____ Sight reading |
| _____ Finger-tongue coordination | _____ Transposition |
| _____ Lip flexibility (slurring) | _____ Trills, ornamentation |
| _____ Rhythm | _____ Confidence |

Which of the musical qualities above did you make the most progress on last semester?

What can you do today (and continue doing) to maintain and/or improve this quality?

Which of the musical qualities above needs the most improvement from last semester:

What can you do today (and continue doing) to improve this quality?

PERSONAL STRENGTH and WEAKNESS ASSESSMENT

On a scale from 1 to 10 (with 10 being the strongest), rate your ability on each of the following:

_____ Attitude	_____ Happiness
_____ Diet/eating healthy	_____ Life balance
_____ Physical exercise	_____ Work ethic
_____ Study habits	_____ Creativity
_____ Academic grades	_____ Not making excuses
_____ Personal hygiene	_____ Proactive
_____ Respect toward friends/colleagues	_____ Ambition/drive
_____ Respect toward self	_____ Overcoming procrastination
_____ Respect toward elders	_____ Communication skills
_____ Confidence	_____ Self-control
_____ Ability to adapt	_____ Kindness
_____ Response to criticism	_____ Humility
_____ Stress management	_____ Achieving goals
_____ Enthusiasm toward career/school	_____ Setting goals
_____ Dating/marriage relationship	_____ Patience
_____ Sleep habits	_____ Financial management
_____ Time management	_____ Punctuality
_____ Integrity	_____ Creativity
_____ Honesty (with self and others)	_____ Reading
_____ Healthy social life	_____ Curiosity
_____ Generosity (time, money, etc.)	_____ Prioritizing tasks
_____ Self motivation	_____ Relaxation
_____ Self acceptance	_____ Positive outlook
_____ Organization	_____ Reflection/meditation
_____ Staying in touch with loved ones	_____ Attire/presentation of self
_____ Sense of humor	_____ Energy level

Which of the personal qualities above did you make the most progress on last semester?

What can you do today (and continue doing) to maintain and/or improve this quality?

Which of the personal qualities above needs the most improvement from last semester?

What can you do today (and continue doing) to improve this quality?

CREATING S.M.A.R.T. GOALS

S = Specific

- Who: Who is involved?
- What: What do I want to accomplish?
- Where: Identify a location
- When: Establish a time frame
- Which: Identify requirements and constraints
- Why: Specific reasons, purpose, or benefits for accomplishing the goal

M = Measureable

- Establish concrete criteria for measuring progress toward attaining each goal you set
- These criteria will give you tangible evidence that you are achieving your goal

A = Attainable

- The goals should be easy enough to attain, but not so difficult that they are overwhelming
- It is better to set several small goals that lead to achieving a larger goal
 - Start with manageable sub-tasks to build confidence and gain momentum for tackling bigger goals
- To determine if your goal is attainable, ask:
 - How much?
 - How many?
 - How will I know when it is attained?

R = Relevant (results-oriented)

- The goals are aligned with current tasks and projects and focus in one defined area; including the expected result

T = Timely

- Always set a specific and reasonable time frame for when a goal is to be accomplished
- Without a specific time frame, the sense of urgency diminishes

Example Goal:

I will lose a minimum of 20 pounds through dieting (Paleo) and daily exercise (CrossFit) by Thanksgiving in order to be healthy and fit into my favorite jeans from high school.

S = Who – me; What – lose 20 pounds; Where – home; When – by Thanksgiving; Which – diet and exercise; Why – be healthy and fit into my favorite jeans.

M = 1. Exercise daily, 2. Weigh self once a week, 3. Caloric intake

A = 1. Exercise for 50 minutes a day, 2. Plan meals weekly according to diet

R = Maybe 20 pounds is too ambitious? Let's change it to 15. Relevant to being healthy.

T = Exercising daily is good, but let's say 6 days a week and move the deadline to Christmas to be safe

List two S.M.A.R.T. goals (one musical and one personal) for what you would like to accomplish in the next:

10 YEARS:

1.

2.

5 YEARS:

1.

2.

1 YEAR:

1.

2.

List 5 specific things you can do this week that will help you achieve these goals:

1.

2.

3.

4.

5.

Final Thought

Whenever you accomplish a goal, no matter how large or small, be sure to acknowledge it and give yourself a small reward. If you fall short of accomplishing a goal, reflect on your steps and determine where things got off track—then create a new, more manageable goal. Learn from every experience and improve for the future.