

# Pre-project Survey

Name:

Year of Study: B/M \_\_\_\_\_


Age:

Instrument & Department:

Have you done a practicing elective at the KC before? (e.g. Quality Practice/Music Making, Practicing and the Brain) (YES/NO) (if yes, please state : \_\_\_\_\_)

	Not at all	Sometimes	Neutral	Most of the time	All the time
I enjoy practicing					
I feel frustrated when practicing					
I look forward to practicing					
I look forward to picking up my instrument					
I find myself happier after practicing					
I find myself distracted during practice					
I find myself distracted by my phone/devices during practice					
I find time passing really fast while practicing					
I am confident of my playing when I am in the practice room					
I am confident of my playing when I am performing for someone else					
I am bothered by what doesn't go well in the practice room					

	Not at all	Sometimes	Neutral	Most of the time	All the time
I am angry/sad/depressed in the practice room when it doesn't go well in the practice room					
I create music when I practice					
I am able to identify and tackle challenges in the practice room					
I have negative self-talk during practicing					
I trust myself when I am playing on my instrument					
I practice according to how my teacher tells me to					
I spend time deciding what I want to practice before I step into the practice room					
I see the progress in my playing from week to week					
I am able to identify problems in the practice room by myself					
I am able to solve problems in the practice room by myself					

	Not at all	Sometimes	Neutral	Most of the time	All the time
I investigate challenges through a technical point of view (e.g. bow/air speed, breathing, finger-mouth/left-right hand coordination)					
I investigate challenges through a musical point of view (e.g. thinking of where the phrase goes to, imagining the narrative of the phrase, gesturing, varying in styles and rhythm)					
When practicing, I think of how I would like the phrase to sound before I play					
<p>When practicing, my focus is directed more towards: *</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <div> <div> My body (e.g. tension, fingers, feet, breathing, arm, bow speed, embouchure, etc)  </div> <div> My sound and music (e.g. tone, resonance, musical intentions) </div> </div>					
Briefly describe the tools you normally use to tackle challenges in the practice room					

## INFORMED CONSENT

You have been invited to participate in a study being conducted by Tan Wen Cong, Xavier at the Royal Conservatory of the Hague.

Hereby, you agree that the data collected from the *Practice Tool Project* taking place between October and December 2021 can be used for research purposes. Your participation in this study is entirely voluntary and you may withdraw any time without having to give an explanation.

All results published will be anonymous and will not be displayed in a way that can be traced back to the individual.

Researcher: Tan Wen Cong, Xavier

A handwritten signature in black ink, consisting of a stylized 'X' followed by a horizontal line.

Signature:

Name of Participant:

Date:

Signature of Participant: