

## iScore Planning Cycle for Voice

### Sample 1: Junior

Category	Feature	Instruction/ Definition	Example(s)
<b>General Goals</b>		Summarize here what you aim to improve about your musical abilities and experiences.	<p><b>Overall</b> I want to be more comfortable performing for an audience and to have more confidence in my vocal technique.</p> <p><b>Specific</b> I want to improve my posture in order to aid my singing.</p>
<b>Task Description</b>	<i>Task Description</i>	Explain briefly what you are working on here. Keep the description and the task specific.	Increase my awareness of how my body should look and feel when I sing.
	<i>Criteria</i>		<ol style="list-style-type: none"> <li>1. I am aware of how my body looks as I sing</li> <li>2. I am aware of how my body feels as I sing.</li> </ol>
<b>Goals</b>	<i>Task Goals</i>	Describe what you want to accomplish through this task.	I would like to sing with a relaxed and energized body that can produce beautiful singing tone.
	<i>Supporting Tasks</i>	Supporting tasks can be used if you need to break down a broad task goal into more manageable units.	<ol style="list-style-type: none"> <li>1) Sing simple scales and arpeggio passages while noticing my posture.</li> <li>2) Find ways to maintain my improved posture when I sing my repertoire.</li> <li>3) Learn my new repertoire with a greater awareness of how I am using my body</li> </ol>

I	<b>Strategies</b>	Describe how you intend to achieve your goal.	<ol style="list-style-type: none"> <li>1. Check all the joints in my body to release tension.</li> <li>2. Feel that I can stand in one place and move my body freely in any direction.</li> <li>3. Watch myself in a mirror to notice my posture.</li> <li>4. Begin every practice session with a body-alignment check.</li> <li>5) Make a video of myself singing to observe positive changes in my posture.</li> </ol>
---	-------------------	---	--

## Sample 2: Intermediate

Category	Feature	Instruction/ Definition	Example(s)
<b>General Goals</b>		Summarize here what you aim to improve about your musical abilities and experiences.	<u>Overall</u> To maximize the potential of my voice and increase the resonance in my tone.  <u>Specific</u> I want my voice to project in a large room without straining to create the sound.
<b>Task Description</b>	<b>Task Description</b>	Explain briefly what you are working on here. Keep the description and the task specific.	I have a solo in the school concert. I want to be heard at the back of the auditorium.
	<b>Criteria</b>	Describe what is required to accomplish your task successfully.	I will create a sound that is big and beautiful with ease.
<b>Goals</b>	<b>Task Goals</b>	Describe what you want to accomplish through this task.	To project tone with energy and freedom.

	<p><b>Supporting Tasks</b></p>	<p>Supporting tasks can be used if you need to break down a broad task goal into more manageable units.</p>	<ol style="list-style-type: none"> <li>1. Practice scales and passages to a hum, then move to consonants and vowels that enhance vocal resonance.</li> <li>2 Use my hands to feel where the sound is resonating on my face as I hum and sing to the consonants that enhance vocal resonance.</li> <li>3. Sing the first verse of the song to a hum, then to consonants and vowels that enhance vocal resonance, taking care to keep the same level of resonance as when I hummed and sang to the consonants earlier.</li> </ol>
	<p><b>Strategies</b></p>	<p>Describe how you intend to work towards achieving your goal.</p>	<ol style="list-style-type: none"> <li>1. Focus on inhaling deeply, with the beginning of a yawn. As I inhale, notice the sensation of a relaxed mouth, jaw and tongue and maintain this sensation as I sing.</li> <li>2. Sing through songs from my repertoire that are already comfortable and focus my attention on the techniques I have practiced to enhance resonance.</li> <li>3. Work with a recorder, placing it at the back of the room to see how much sound it picks up.</li> <li>4. Practice several times in a larger space, and invite a friend to sit at the back of the room and give me feedback on how my</li> </ol>

		sound is projecting.
--	--	----------------------

### Sample 3: Intermediate/Advanced

Category	Feature	Instruction/ Definition	Example(s)
<b>General Goals</b>		Summarize here what you aim to improve about your musical abilities and experiences.	<p><u>Overall</u> I want to improve my breath control.</p> <p><u>Specific</u> I want to improve breath management in the folk song <i>Down By the Sally Gardens</i>.</p>
<b>Task Description</b>	<b>Task Description</b>	Explain briefly what you are working on here. Keep the description and the task specific.	In preparing <i>Down By the Sally Gardens</i> for my lesson next week, I want to sing each phrase without running out of air.
	<b>Criteria</b>	Describe what is required to accomplish your task successfully.	<p>I will be able to breathe deeply with consistent air-flow as I sing.</p> <p>I will be able to manage the long phrases as the arranger intended them to be sung.</p>
<b>Goals</b>	<b>Task Goals</b>	Describe what you want to accomplish through this task.	I want to synchronize musical and stylistic elements with good breath support.
	<b>Supporting Tasks</b>	Supporting tasks can be used if you need to break down a broad task goal into more manageable units.	<ol style="list-style-type: none"> <li>1. Isolate two phrases at a time and apply all the strategies to them.</li> <li>2. Record my singing and write down two things that I liked and two things that I want to improve on during</li> </ol>

			my next practice. 3. Email my friend and ask if she can listen to my recording and tell me what she thinks.
	<b>Strategies</b>	Describe how you intend to achieve your goal.	1. Breathe deeply at the beginning of every phrase. 2. Feel the breath-energy support my sound throughout each phrase. 3. Speak the phrase to secure meaning, then sing the phrase with the meaning in mind.