

# All About You as a Musician



Courtesy of Play on Philly!, Philadelphia, PA.

<b>What is today's date?</b>
<b>What instrument(s) do you play?</b>
<b>For how many years have you been playing?</b>
<b>What is your birthday?</b>
<b>What year were you born?</b>
<b>Are you:</b>
<input type="checkbox"/> Male/Boy <input type="checkbox"/> Female/Girl
<b>Are you:</b>
<input type="checkbox"/> African American/Black <input type="checkbox"/> Latino/Hispanic
<input type="checkbox"/> Asian/Pacific Islander <input type="checkbox"/> American Indian/Alaskan Native
<input type="checkbox"/> Caucasian/White <input type="checkbox"/> Other (describe):

If you have extra time, write what you like about doing music:

## Being with Other Kids in Your Music Program



Being in a music program means working with other kids.  
 Circle the number that shows how true each sentence is for you.  
 There are no right or wrong answers.  
 Just tell us what you do most of the time in your music program.

	1 Not true	2 A little true	3 A lot true	4 Very true
<b>Practice: I am in a music program with other kids.</b>	1	2	3	4
<b>Practice: Sometimes I argue with other kids about the music and how to play it.</b>	1	2	3	4
A. I pay attention when other kids take their turns playing.	1	2	3	4
B. When other kids are really noisy during rehearsal, I have a hard time ignoring them.	1	2	3	4
C. I <i>always</i> work on my music without <i>ever</i> bothering other kids.	1	2	3	4
D. I have a hard time doing what my music teacher asks me to.	1	2	3	4
E. I follow the rules for our orchestra.	1	2	3	4
F. I don't pay attention when my music teacher talks in rehearsal.	1	2	3	4
G. I work well with the other kids in my section and orchestra.	1	2	3	4
H. Even when kids in my music program are really mean to me, I forgive them when they say "sorry."	1	2	3	4
I. I don't feel bad when other kids in my music program are sad.	1	2	3	4
J. I try to make other kids in my music program feel better.	1	2	3	4
K. I help my friends in my music program when they are having a problem.	1	2	3	4
L. When I'm really busy in my music program, I don't think about how other kids feel.	1	2	3	4
M. I am nice to other kids in my music program when they are feeling bad.	1	2	3	4

## Organizing Yourself for Orchestra



Courtesy of Play on Philly!, Philadelphia, PA.

Being in an orchestra means thinking and planning.  
 Sometimes it's a lot to do.  
 Circle the number that shows how true each sentence is for you.  
 There are no right or wrong answers.  
 Just tell us what you do most of the time in your music program.

	<b>1 Not true</b>	<b>2 A little true</b>	<b>3 A lot true</b>	<b>4 Very true</b>
A. I answer questions during rehearsal when I know the answer.	1	2	3	4
B. I don't do any more than I have to in rehearsal.	1	2	3	4
C. I have my music, a pencil, and other things I need with me when I go to rehearsal.	1	2	3	4
D. I don't practice on my own, even when I know I'm going to have a concert.	1	2	3	4
E. I ask questions when I don't understand something in rehearsal.	1	2	3	4
F. I don't leave enough time to practice all the music I need to know.	1	2	3	4
G. Sometimes I forget something I need for my music program.	1	2	3	4
H. I always pay attention in rehearsal – I never let my mind wander.	1	2	3	4
I. Once in a while I get so busy I can't practice as much as I should.	1	2	3	4

### Thinking about Yourself in Your Music Program

Kids think different things about themselves.

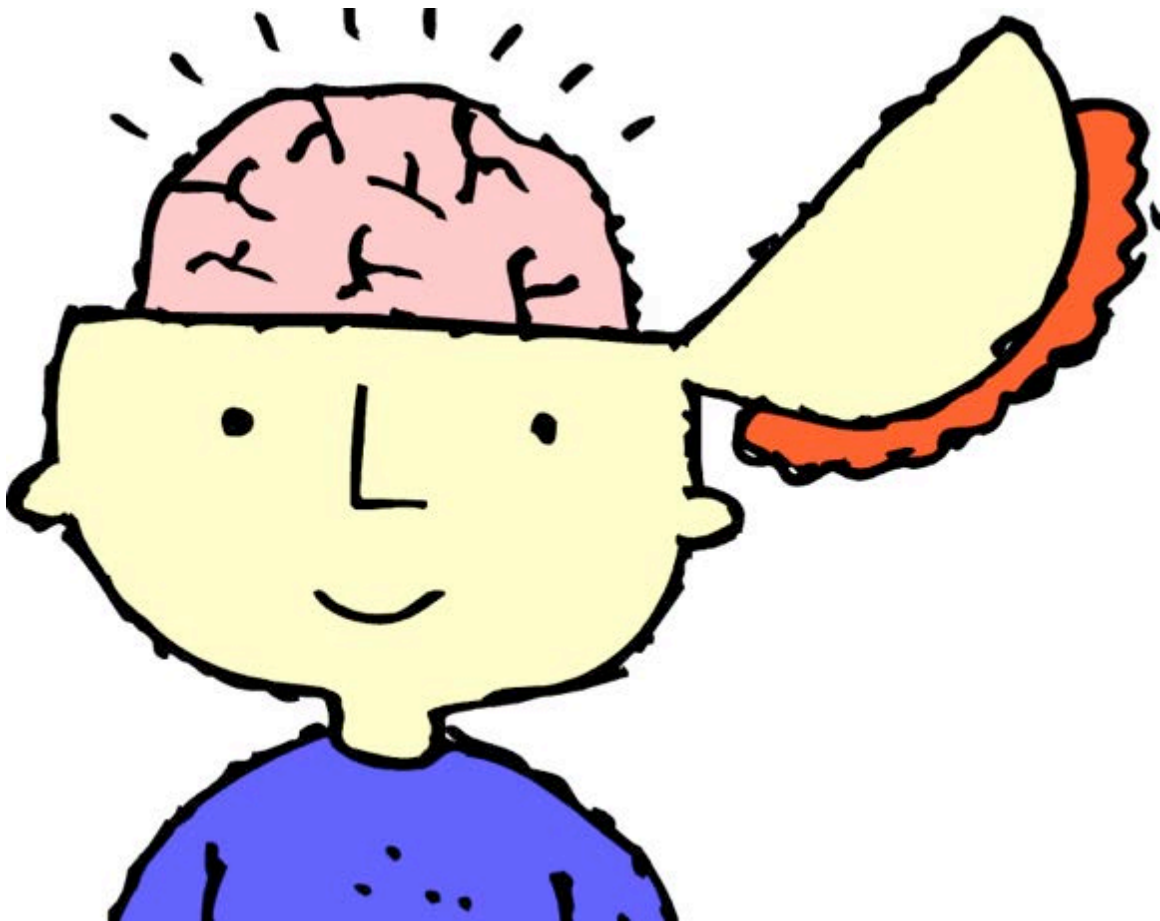
Circle the number that tells how true you think each sentence is **for you**.

There are no right or wrong answers – just tell us how true you think each sentence is.

	<b>1</b> Not true	<b>2</b> A little true	<b>3</b> A lot true	<b>4</b> Very true
A. I have lots of friends in my music program.	1	2	3	4
B. In my music program I make friends easily.	1	2	3	4
C. Most kids in my music program have more friends than I do.	1	2	3	4
D. I get along with other kids in my music program easily.	1	2	3	4
E. Kids in my music program think I am easy to like.	1	2	3	4
F. Other kids in my music program want me to be their friend.	1	2	3	4
G. I have more friends in my music program than most other kids.	1	2	3	4
H. I am popular with kids in my music program who are my own age.	1	2	3	4
I. Most other kids in my music program like me.	1	2	3	4
J. I am great at music.	1	2	3	4
K. I enjoy playing music more than almost anything else.	1	2	3	4
L. The teachers in my music program think I am good at music.	1	2	3	4
M. I hate my music program.	1	2	3	4
N. I learn things quickly in my music program.	1	2	3	4
O. I am interested in music.	1	2	3	4
P. I am not a good musician.	1	2	3	4
Q. I look forward to my music program.	1	2	3	4
R. Music is easy for me.	1	2	3	4
S. I love my music program.	1	2	3	4

TAKE A BREAK. STAND UP. SHAKE OUT.  
BREATHE DEEPLY.

AHHHHHH





Courtesy of Longy School of Music at Bard College

### Thinking about How You Learn Music

These sentences are about the different ways that kids think about learning music.

Circle the number that tells how true you think each sentence is.

There are no right or wrong answers – just tell us how true you think each sentence is.

	<b>1</b> <b>Not</b> <b>true</b>	<b>2</b> <b>A little</b> <b>true</b>	<b>3</b> <b>A lot</b> <b>true</b>	<b>4</b> <b>Very</b> <b>true</b>
<b>Practice: If I sing to my pet rock every day, it will get better at music.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Practice: You get better at music every year you are in a music program.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
A. No matter who you are, you can always become better at music.	1	2	3	4
B. How good you are at music is something about you that you can't change very much.	1	2	3	4
C. People are as good at music as they are, and they can't really do much to change that.	1	2	3	4
D. People can always change how good they are at music.	1	2	3	4
E. You can learn new pieces of music, but you can't really change how good you are at music.	1	2	3	4
F. You can change how good you are at music a lot.	1	2	3	4
G. Learning one new piece of music is not going to change how smart you are.	1	2	3	4
H. Someone who is not good at music at all now could become the best musician someday.	1	2	3	4
I. You cannot totally change how good you are at music overnight – it takes a long time and a lot of work.	1	2	3	4
J. A person who starts out having a hard time playing music can become very good at it later on.	1	2	3	4



Courtesy of Longy School of Music of Bard College

### Being a Part of a Music Program

Kids have different experiences in their music programs.  
 Circle the number that tells how true you think each sentence is.  
 There are no right or wrong answers.  
 Just tell us how true you think each sentence is for you.

	<b>1 Not true</b>	<b>2 A little true</b>	<b>3 A lot true</b>	<b>4 Very true</b>
A. I feel proud to be part of my music program.	1	2	3	4
B. The only time I get attention in my music program is when I cause trouble.	1	2	3	4
C. I was excited to come to my music program today.	1	2	3	4
D. My teachers at my music program don't really care about me.	1	2	3	4
E. I would rather not be at my music program today.	1	2	3	4
F. I can talk to at least one of the teachers at my music program if I have a problem.	1	2	3	4
G. My music program is one of my favorite places to be.	1	2	3	4
H. My music program is often a waste of time.	1	2	3	4
I. My music program is one of the most important things in my life.	1	2	3	4



### Thinking About You As A Musician

Music programs make kids think about what kind of learner they are. Circle the number that tells how true you think each sentence is. There are no right or wrong answers. Just tell us how true you think each sentence is for you.

	1 Not true	2 A little true	3 A lot true	4 Very true
A. I am sure I can learn all the music we will play in my music program.	1	2	3	4
B. It does not matter how hard a piece of music is – I will be able to play it great.	1	2	3	4
C. I can't learn to play the hardest music.	1	2	3	4
D. I can learn to play all my music if I don't give up.	1	2	3	4
E. If a piece of music is hard, I can't learn it.	1	2	3	4
F. I can learn even the hardest music if I try.	1	2	3	4
G. This year I will become the best musician in my music program	1	2	3	4

If you have extra time, write about a time when you figured out how to do something hard in your music program:

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Courtesy of Lonev School of Music of Bard College

### How Do You Keep Going in Music?

In music programs kids decide how hard to try when things are tough or take a long time. Different kids make different choices. Circle the number that tells how true each sentence is for you.

	<b>1 Not true</b>	<b>2 A little true</b>	<b>3 A lot true</b>	<b>4 Very True</b>
A. When we get a new piece of music to learn I get bored with the ones I was playing before.	1	2	3	4
B. Difficult music doesn't make me give up. I just keep working on it until I get it right.	1	2	3	4
C. I get really excited by new pieces of music but then I lose interest quickly.	1	2	3	4
D. I work hard at my music.	1	2	3	4
E. I often make a plan for getting better at my instrument but later I switch to a different one.	1	2	3	4
F. It is hard for me to keep my attention on music that we work on for a long time.	1	2	3	4
G. I finish learning all the music I begin no matter how long it takes.	1	2	3	4
H. I always make a big effort in my music rehearsals.	1	2	3	4
I. Sometimes I stop working on a piece of music when I get bored with it.	1	2	3	4
J. I always try really hard everything I do in music, even things I really don't want to do or really don't like.	1	2	3	4
K. There are times I don't try as hard as I could in my music program.	1	2	3	4
L. I have never given up on anything in music.	1	2	3	4

If you have enough time, think about yourself **in your music program**. Write a list of words that describe you when you are doing your music:

How I feel:

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What I think about:

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How I act:

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