

Contact

Noa Kageyama, M.M., Ph.D.
Email: nkageyama@juilliard.edu
Phone: 646.470.7031

About this class

It's easy to sound good in the practice room. It's a little tougher on stage, at a big competition, or an audition.

No matter how experienced or talented, the stress and pressure of performances and auditions can wipe away months of preparation in an instant. The frustrating thing is that even though we know we can play much better, we usually don't know what's holding us back.

The easy conclusion is that we simply have to practice more - or that there's something wrong with us. But we don't, and there isn't.

In this class, you'll develop a set of skills that will help you to play up to your potential no matter the situation. You'll learn how to manage the nerves, build confidence in your abilities, become a bolder, more dynamic performer, and ensure that when you walk on stage, iPhones are turned off, pencils are put down, and people pay attention.

We'll start by identifying your strengths and weaknesses using the Performance Skills Inventory. Then, we'll cover a set of skills from week to week, all of which will build up to the final exam - a mock audition which will be evaluated by a committee of Juilliard faculty and local professionals.

Grading

You don't master downbow staccato or double tonguing by reading a book or listening to a lecture. You learn these things through practice, by taking action.

As such, here is how this class is set up:

- (a) **Attend** class to learn the skills
- (b) **Practice** the skills during the week by doing the exercises, and **log** your experience
- (c) **Test** your skills in lessons, rehearsals, studio class, and other performances

Here's where your final grade will come from:

25% Exercise Logs & Worksheets
25% Reflection paper
50% Mock Audition

Attendance

Each unexcused absence after the second will result in a grade being lowered to the next level. More than three absences of any kind will result in a grade of Insufficient Attendance (IA). For more details, see attached attendance policy.

Assignments

(1) Weekly-ish training logs

I will provide worksheets which you can use to help guide your practice and reflection of the weekly skills we will work on. These will be turned in each week and help me gauge how things are going, and what questions you might have as you begin working on each skill.

You will not perform in front of the class every week, but you can expect to do so at least several times over the course of the semester. Come prepared with at least 2-3 minutes of music you feel comfortable playing in front of the class every week.

(2) Reflection paper

You will select one of the books from the following reading list (see me if you'd like some help selecting the right one for you, or if you would like to propose a book not on the list), and write a 1-3 page reflection paper on (a) your main takeaways, (b) how these key points relate to your career and future, and (c) what actions you will take to incorporate these into your life.

Reading List

Select one of the following books:

Preparation

Make it Stick: The Science of Successful Learning, by Brown, Roediger, and McDaniel
Mastery, by George Leonard
The Art of Learning, by Josh Waitzkin

Confidence

Psycho-Cybernetics, by Maxwell Maltz
The Magic of Thinking Big, by David Schwartz

Courage

Originals: How Non-Conformists Move the World, by Adam Grant
Feel the Fear and Do It Anyway, by Susan Jeffers
The Education of Millionaires, by Michael Ellsberg

Concentration

Flow, by Mihaly Csikszentmihalyi
Mental Resilience, by Kamal Sarma

Focus

Rapt, by Winifred Gallagher

Resilience

The New Toughness Training for Sports, by James Loehr
The War of Art, by Steven Pressfield

Class Schedule & Assignments

Class Schedule		Assignments
Sept. 12	Introduction Establishing a Baseline	
Sept. 19	MSA Review Skill #1: Energy Regulation	<i>Mental Skills Audit Due</i>
Sept. 26	Simulation & Adversity Training	<i>Centering Log Due</i>
Oct. 3	Skill #2: Preparation	<i>Sim. & Adv. Training Log Due</i>
Oct. 10	Skill #3: Confidence	<i>Preparation Log Due</i>
Oct. 17	Skill #4: Courage	
Oct. 24	TBA	<i>Confidence Log Due</i>
Oct. 31	Skill #5: Concentration	<i>Courage Log Due</i>
Nov. 7	Skill #6: Focus	<i>Concentration Log Due</i>
Nov. 14	Skill #7: Resilience	<i>Focus Log Due</i>
Nov. 21	Mock Audition Prep	<i>Resilience Log Due</i>
Nov. 28	NO CLASS	
Dec. 5	Mock Audition	
Dec. 12	Final Topics & Next Steps	<i>Reflection Paper Due</i>
Dec. 19	NO CLASS	

Juilliard Attendance Policy

Attendance is required for all classes and class-related activities and is factored into each student's final grade. In each semester, grades in courses meeting 1 time per week will be lowered to the next grade level (i.e., A to A-, A- to B+, etc.) with **each unexcused absence after the second**. Any student who arrives after attendance is taken will be marked "late." Three late arrivals to class or early departures from class constitute one unexcused absence.

Students will receive a grade of Insufficient Attendance (IA) if they accrue **more than 3** excused or unexcused absences.

However, required absences for rehearsals for Juilliard orchestra, dance, drama, opera, and other major productions (as indicated in official college requests sent to faculty members) are not counted toward the maximum number of allowable absences cited above. On the other hand, absences for lessons, coachings, and unofficial rehearsals are considered unexcused.

Students earning an IA will not receive academic credit for the course in question. Any student who has missed three classes, whether excused or unexcused, will be issued an attendance warning notice indicating that he or she is at risk of receiving an IA. The attendance warning notice will also be sent to the Dean, the Office of Academic Affairs, the Registrar, and the student's major teacher.

Professional Leave Forms (Yellow Forms) are issued and processed by the Dean's office. (For specific details on Professional Leaves, please refer to the Student Handbook.) Decisions are based partially on comments by classroom teachers, indicating whether a student is in good standing and whether class work can be made up. Absences during approved professional leaves are considered "excused." **Excused absences for Professional Leaves do not negatively impact a student's grade, but they are counted in the maximum allowable absences for the semester.** Also, students with approved professional leaves or excused absences for official rehearsals are responsible for all course material and assignments that they miss during their absence. It is the student's responsibility to consult the instructor about any missed work or assignments.

If a student anticipates absence from a class for a short-term professional obligation, the student must inform the faculty member in advance of such absence. It is the faculty member's prerogative to decide whether such absence is excusable or not.

DMA students may not be absent from their courses more than twice during a semester, and their requests for leaves must be sent to the Doctoral Governance Committee (rather than the Professional Leave Panel) for approval.