

## Making the Unfamiliar Familiar: Performance Simulation Plan

### Performance Details

Date: \_\_\_\_\_ Type: \_\_\_\_\_  
Time: \_\_\_\_\_ (e.g. exam, school concert, recital, gig)

### Describe the Audience

### Simulate by:

Who are they: \_\_\_\_\_  
How many: \_\_\_\_\_  
Proximity to you: \_\_\_\_\_  
Other details: \_\_\_\_\_  
(e.g. Are they in your vision? Will they give immediate feedback?) \_\_\_\_\_

### Describe the Performance

### Simulate by:

Warm-up? (yes/no) \_\_\_\_\_  
Who are you performing with? \_\_\_\_\_  
(e.g. band, ensemble, accompanist)  
Performance Time \_\_\_\_\_  
Other: \_\_\_\_\_  
(judged, timed, can you choose when to start?) \_\_\_\_\_

### Nerves/Energy

### Simulate by:

How do you feel nerves? \_\_\_\_\_  
(e.g. elevated heart rate, sweating) \_\_\_\_\_  
*What symptom bothers you the MOST?* \_\_\_\_\_

## Making the Unfamiliar Familiar: Performance Simulation Plan

### Details of the Day

What will I wear?

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Hair?

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Make-up?

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Shoes?

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Equipment:

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### Performance Setting

Possible  
Distractions:  
(e.g. lighting,  
acoustics, noises,  
equipment)

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### Simulate by:

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Program	Yes/No	Comments
Single Piece		<i>What will you do before starting?</i>
Several pieces or recital		<i>Be sure to perform the entire program in correct order. List order of pieces:</i>
		<i>What will you do before starting each piece?</i>
Technical Work		<i>Make sure you practice performing your technical work. What will you do before starting?</i>