

# Plain Language Statement



## ***Project: Online Music Performance Skills Program for Teachers and Students: Parents***

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### **Music Performance**

My name is Anneliese Gill from The University of Melbourne. I am conducting PhD research examining the effectiveness of performance skills training in adolescent musicians.

Performance skills can enhance performance or the ability of the performer to play their best under pressure. To a large extent these skills focus on developing critical thinking skills that can enable the performer to cope with the demands and pressures of performing.

Your child's instrumental teacher has been invited to participate in a PhD research study investigating the effects of a performance-skills training program on a number of variables known to enhance music performance and students' well-being. These include performance skills, confidence, anxiety and performance quality. The teacher-guided program which is designed to be embedded into your child's normal musical training will develop skills that enable performers to manage nerves, release tension, enhance preparation, stay focused, cope with mishaps, develop confidence and cope with the demands and pressures of performing. To determine the effects of the program I will be comparing the development of these skills in participants who complete the program (*experimental* group) with participants who just continue with their normal music curriculum (*control* group).

We invite your child to take part in this study with their instrumental teacher as part of the *control* group. Participants in the *control* group will not complete the performance-skills program during the course of the research study but will receive access to the program once they have completed the research study (i.e., the pre- and post-study assessments). Control participants (students and teachers) will be given and/or

emailed the passcodes to access the 14-week online program and a *Getting Started Guide* following their second solo performance. Students can complete the program on their own although it is recommended that they complete the program with the guidance of their instrumental teacher.

### **What will my child be asked to do?**

Control group participants will continue their normal music curriculum throughout the 14-week period (not including school holidays) of the research study which will begin mid-Term 1, 2019 and conclude early term 3, 2019.

Participants will be required to:

- Continue to practise their performance piece throughout the period of the research study and keep a weekly log detailing the number of times that they practised this piece.
- Complete a number of surveys about themselves at the beginning and end of the research study. These will include questions about demographics (e.g., name, age, instrument), performing skills, their confidence to perform and music performance anxiety and will take about 30 minutes to complete; and,
- Give two, short (3-5 min) solo performances (pre- and post-study) at the Melbourne Conservatory of Music which they will be required to self-assess immediately following their performance. These performances, which will take place on a weekend and be video recorded by the researcher for external assessment, provide an exciting performance opportunity for students.

Please note that control participants will not need to complete any form of assessment (performances or surveys) once they receive access to the program post-study.

It is possible that your child may find the performance activities unsettling although this is not likely to be more than what they normally experience within their musical studies. In addition, two of the questionnaires will ask your child to contemplate how confident and anxious they are feeling approximately 10 minutes prior to their solo performances which may impact on their performance experience.

It will be explained to all students that if they are feeling uncomfortable they can stop at any time. There are no consequences for not completing any of the activities and your child's involvement in this project will not affect any ongoing assessment or grades.

If you or your child are concerned about any issues raised in the surveys, we recommend you contact the Responsible Researcher listed at the top of this statement.

### **How will my confidentiality be protected?**

The information collected will be coded so that only the researchers who are listed

on this form know who is taking part. Your child will not be identified in any publication of the research results. The information collected is strictly confidential and does not form part of your child's school record. All data and records (including the videos) will be destroyed after five years.

### **What happens after the project is finished?**

The findings from this study may be published in various forms (e.g., scientific journals) or presented at academic conferences. No findings that could identify any student or parent/guardian will be published. If you would like a brief summary of the research findings to be made available to you, please check the appropriate box on the consent form.

### **Where can I get further information?**

If you have any questions about this information, or would like to see the questionnaires, please contact Anneliese by email:

[annelieseg@student.unimelb.edu.au](mailto:annelieseg@student.unimelb.edu.au)

This research project has been approved by the Human Research Ethics Committee of The University of Melbourne. If you have any concerns or complaints about the conduct of this research project, which you do not wish to discuss with the research team, you should contact the Manager, Human Research Ethics, Research Ethics and Integrity, University of Melbourne, VIC 3010. Tel: +61 3 8344 2073 or Email: [HumanEthics-complaints@unimelb.edu.au](mailto:HumanEthics-complaints@unimelb.edu.au). All complaints will be treated confidentially. In any correspondence please provide the name of the research team or the name or ethics ID number of the research project.

### **How does my child agree to participate?**

If you agree that your child can be involved in the research, please indicate that you have both read and understood this information by completing the accompanying consent form and returning it to your child's music teacher. If your child decides to participate you are free to withdraw your consent at any time without having to give a reason. Whatever your decision, it will not affect their relationship with their teacher.

*Disclaimer:* Please be aware that part of the student researcher's professional work is to conduct performance workshops. She will not solicit professional work or accept offers of employment from participants.