

# Plain Language Statement



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

Dr Margaret Osborne (Responsible Researcher)

Tel: +61 (3) 9035 3503 Email: [mosborne@unimelb.edu.au](mailto:mosborne@unimelb.edu.au)

Professor Gary McPherson (Co-Researcher)

Tel: +61 (3) 8344 7889 Email: [g.mcpherson@unimelb.edu.au](mailto:g.mcpherson@unimelb.edu.au)

Anneliese Gill (student researcher PhD Music)

Tel: 0412729177 Email: [annelieseg@student.unimelb.edu.au](mailto:annelieseg@student.unimelb.edu.au)

---

### **Music Performance**

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.

You are 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 program is designed to 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).

You are invited to participate 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 and web address 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 I 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. As a teacher you will be required to:

- Ensure that your students continue to practise their performance piece throughout the period of the research study; and,
- Assess your students' solo performances at the Melbourne Conservatory of Music (two, 3-5 minute performances, pre-and post-study)

Student 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.

### **What are the risks?**

Dealing with students' performance issues is a regular part of music teaching. It is possible that your students may find the performance activities unsettling although this is not likely to be more than what they normally experience within the course of their normal musical studies. In addition, two of the questionnaires will ask your students 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.

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

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

Participation in this study is confidential, subject to legal limitations. Data will be stored in password protected files on password protected computers and will be kept separate from any form of identifiable information. Identifiable information (such as your consent information) will be kept in separate password protected files, and all data and information will be destroyed after five years.

### **Do I or my students have to take part?**

Participation in this study is completely voluntary. You and your students may withdraw from this study at any time and withdraw any unprocessed data previously supplied. Your students will also be informed they are free to withdraw at any time. Any withdrawn data will be destroyed should this occur.

### **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 teacher 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?**

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 do I agree to participate?**

To be eligible to participate you must have a minimum of 3 years teaching experience, currently teach secondary-school age students (12-18yrs) and have at least 2 adolescent student willing to participate with parental consent. If you agree to be involved in this research, please indicate that you have read and understood this information by completing the accompanying consent form and returning it (along with the signed parental consent forms) by email to [annelieseg@student.unimelb.edu.au](mailto:annelieseg@student.unimelb.edu.au) or in the envelope provided.

*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 in this research.