

Plain Language Statement



Project: Online Music Performance Skills Program for Teachers and students: Student

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Music Performance

My name is Anneliese Gill from The University of Melbourne. I will be conducting some PhD research at your school evaluating the benefits of a program designed to help you cope with the demands and pressures of performing with your instrument.

There are a number of skills that can help you play your best under pressure such as confidence, the ability to manage nerves and release tension, staying focused, knowing how to cope with mishaps, and being well prepared. I would like to learn whether an online program that develops these skills will help students enhance their performance skills and deal with the stress 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).

Your principal has given me permission to invite you to be part of this research 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 at the conclusion of the research study. Once you receive access to the program you can complete the program on your own although it is recommended that you complete it with the guidance of your class or 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. Your participation in this study involves:

- Continuing to practise your performance piece throughout the period of the research study and keeping a weekly log detailing the number of times that you practised this piece.
- Completing some questionnaires before you begin the program and after you have completed the program;
- Giving two short solo performances (3-5 min) pre-and post-program for your music teacher at school which you will be required to self-assess immediately following your performance. These performances will also be video recorded by the researcher for external assessment.

Your participation is completely voluntary. There are no consequences for not completing any of the activities and your involvement in this project will not affect any assessments or grades. If you do decide to participate in this research you can withdraw from the study at any time and still continue with the performance skills programme.

It is possible that you may find the performance activities unsettling although this is not likely to be more than what you would normally experience within your musical studies at school. In addition, two of the questionnaires will ask you to think about how confident and anxious you are feeling approximately 10 minutes prior to your solo performances which may impact on your performance experience. If you are feeling uncomfortable you can stop at any time.

If you are concerned about anything in the questionnaires, please talk to your music teacher or parents.

How will my confidentiality be protected?

The information collected will be coded so that only the researchers listed on this form know who is taking part. Your information is strictly confidential and does not form part of your school record.

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 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 or your parents require any further information or would like to see the questionnaires, please contact me by email: anneliese@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. 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?

If you would like to participate in this study you and your parents need to sign the consent form and return it to your class music teacher. If you decide 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 your results or your relationship with your teacher.