

## Checklist: How to Practice for Recital and Overcome Stage Fright

[Original article: <https://cwenmi.wixsite.com/dumbosmusiclessons/single-post/2017/10/15/How-to-Practice-for-Recital-and-Overcome-Stage-Fright>]

### PERFORMANCE PREPARATION

1. Following the teacher's study plan, and don't wait until last minute. Miracle will not happen.
2. Know where you are performing and who will be watching.
3. Mock performance.
  - At your home practice.
  - Record yourself and watch it.
  - Perform in school's talent show when there is a chance.
4. Identify the spots that you easily play wrong, practice those spots until you feel comfortable. Also practice recovering from mistakes—keep playing, don't stop, don't make inappropriate face.
5. A week or 2 before a performance, recital, or exam, practice slowly without full strength, make sure you have control over your fingers, good memory of notes, and make sense of phrases.
6. Check your clothes.
7. Eat right, sleep well before the big day.

### BEFORE YOU WALK ON STAGE / DURING THE PERFORMANCE

1. Arrive the performance place ahead of time to feel the space, tune your instrument, or try out the piano if you are a pianists.
2. Nervous is normal. Concentrate on the music that you are about to play. "When you play, never mind who listens to you."
3. Be confident and think positive.
4. Visualize the beginning of the piece, think through the tempo before you start.
5. If you made a mistake, don't stop and keep playing!
6. Do It. Make music!

### AFTER THE PERFORMANCE

1. Review the recital and evaluate your strengths and weaknesses.
2. Always be looking for performance opportunity and try to make a small improvement every time.

### TIPS FROM CHILDREN TO CHILDREN

- If you make a mistake, keep going.
- Practice until you feel confident, until you can accommodate pressure.
- Say "you're fine" to yourself.
- Try not to think how worry you are, believe in yourself.

- Think something (happy thought) that will calm you down.

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