

# UNIVERSITY OF NORTHERN COLORADO

## Performance Psychology for Performing Artists

**Spring 2025**

Instructor: Jason Shafer

Office Hours available by appointment

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MUS 495/695 (1 credit)

In-person meeting location: FRA 256

### Objectives

#### Students will:

- (1) learn fundamental principles of performance psychology applicable to common performance issues for artists; these include performance anxiety, confidence, and goal-setting, among others. Specific psychological skill development will be emphasized.
- (2) develop a personal plan for incorporating these psychological skills into their performances.
- (3) learn future resources for long-term support in the development of the psychological skills related to performance.
- (4) test out two of these skills over a 2 or 3-week period and analyze the result in a short paper.

### Schedule and Attendance Requirements

Students must attend two in-person sessions in their entirety:

- **March 26, 2025 from 6:00pm to 9:00pm**
- **March 27, 2025 from 6:00pm to 9:00pm**

Both sessions will have a 20 minute break in the middle.

Attendance at these two sessions in their entirety is mandatory. Students should not register for the course if they have a schedule conflict with any portion of these in-person meetings.

If an emergency occurs, a student should notify the instructor immediately via email. It will be at the instructor's discretion if the student's grade will be affected by any partial absence.

The final paper will be due by 11:59pm on **April 15, 2025**; see "Final Project/Paper Requirements" below for more details.

### Expectations and Policies

- Professionalism: maintaining a professional rapport with the professor and fellow students at all times is expected. Be open-minded and kind towards your colleagues!
- Participation: As you feel comfortable and able, I strongly encourage you to ask questions, volunteer to perform for the class as needed, and work to be engaged. You will gain the most from this course by doing so.

- Support from the instructor is available during the in-person sessions. However, the instructor will also be available for continued guidance on the final project via email or Zoom meetings as needed. In short – **if you need help, email me right away and we'll set up a meeting!**
- Cell phones are expected to be off and out-of-sight during the in-person meetings (cannot be used to take notes).

### Required Materials

- Pencil or pen and notebook.
- Any materials required in order for you to perform (e.g., if you are an instrumentalist, your instrument, music, and all needed supplies).
- Instructor will supply all other needed materials.

### Final Project/Paper Requirements

At the conclusion of the in-person sessions, all students will have developed a personal plan (with guidance from the instructor) for two mental skills that they wish to test out in their performing over the following week. The project will proceed as follows:

- First, practice using each of these skills **alone**, in your daily preparation time.
- After practicing the skills on your own, give two performances – either real (studio class, recital, etc.) or mock (gathering friends to perform for them). Attempt to use these skills during each of these two performances.
- **In an essay**, (see “length requirements” below) answer the following questions:
  - What two skills did you pick to test? Why?
  - What performance opportunities did you undertake? (Studio class? Recital? etc.)
  - How successful did you feel you were at using your two skills? In other words, did you feel some benefit? Answer for each of the two skills you picked.
  - Will you continue to use both of these skills long-term?
    - If yes, how do you plan to commit to keep using them?
    - If no, what other skills from the class do you think might be valuable to try instead?

#### Length requirements:

- **Undergraduate students: 2-3 pages** (typed, double-spaced, 12 pt font)
- **Graduate students: 3-4 pages** (typed, double-spaced, 12 pt font)

The final project will be completed (on an individual basis/schedule) during the week following the class, with the final paper submitted by 11:59pm on April 15, 2025.

If a student needs an extension on this assignment, they should notify the instructor via email no later than 1 week before this due date. Granting an extension on the assignment will be at the sole

discretion of the instructor. If an extension is not granted, the grade for the paper will drop by **one half letter grade (A to A-, etc.) for each day the paper is late.**

If a student wants to request to complete the requirements for the paper in an alternative non-written format, they should contact the instructor at least 2 weeks before the due date to discuss this option.

## Grading

### Final Grade Calculation:

- **50% Attendance/Professionalism in In-Person Meetings**
  - See “Attendance” and “Expectations and Policies” above.
  - Violations of any policy listed in this syllabus will result in a partial or full deduction in this portion of the final grade
- **50% Final Project**
  - See requirements above. Grading rubric for content of paper:
    - **A:** Thorough answers to all questions. Thoughtful points on how you plan to continue to use the skills going forward. Completed all requirements.
    - **B:** Good answers to all questions. Basic commitment to caring about the content of the assignment.
    - **C:** Very basic answers to questions and/or assignment only partially completed.
    - **D:** Very poor completion of assignment.
    - **F:** Assignment not completed.

## UNC Policies and Information

Please go to [https://www.unco.edu/center-enhancement-teaching-learning/teaching-resources/syllabus\\_statements.aspx](https://www.unco.edu/center-enhancement-teaching-learning/teaching-resources/syllabus_statements.aspx) for important information regarding the following:

- ADA
- Title IX
- Academic Integrity
- UNC Attendance Policies
- Covid-19
- Equity and Inclusion
- Food Insecurity and Basic Needs
- Land Acknowledgement
- Name in Use / Pronoun in Use / Name Change
- Writing Center