The following outlines information and requirements for the year. It is important that you read it, and keep it available for reference. Bring the attached exercise pages to your lessons.

**APPLIED VOICE LESSONS:**
The objective of voice lessons is to build vocal technique, gain knowledge of the vocal repertoire, and develop your performing abilities towards professional goals.

**REQUIRED MATERIALS:**
Medium size binder: place in it your working repertoire list, repertoire and accompanying text sheets, and some loose-leaf sheets. The repertoire lists will be a constant resource for you. Use the blank paper for notes in lessons, studio classes, Voice Fridays and masterclasses.

Repertoire: Purchase vocal scores now, and budget for more. It’s a valuable lifelong investment. In our fine music library, there is a wealth of scores waiting to be opened by you. You are expected to independently seek out repertoire for yourself, but I will assist. Purchase, not photocopy, the works of living composers.

Repertoire Lists: Repertoire lists must be completed and maintained. Update them every 4 months. ALWAYS print 2 hard copies (dated). Keep copies of recital programs you have performed with your repertoire lists. Draft jury and Recital repertoire lists must be prepared as requested. You are required to turn in your updated All Repertoire List in the 2nd last week of each semester.

Metronome: Use a metronome which gives both beats and pitches, such as a KORG-MA 30

Mirror: Use a mirror in practice to develop awareness of your posture, breath use, facial expressions, tongue position, etc. while singing.

Shoes: Wear footwear with a heel of no more, and no less than 2" in lessons and masterclass performances. A good rule for daily life as well.

Recording device: Bring a recording device, or an SD Card

**REQUIREMENTS**

Lessons: Bring your exercise sheets to your lessons.
NON-NEGOTIABLE: Every work you bring to a repertoire lesson must come with the texts written out, with word for word translation, IPA and text synopsis. You must be able to speak the text fluidly.
Write out three technique warm-ups for EACH song / aria.
It is assumed you will have prepared this repertoire with your coach.

Tardiness of more than 10 minutes will mean a cancelled lesson. If you are unable to attend your lesson or studio class, you must notify me as soon as possible in advance. *If the same day, by telephone.*

Unexcused absences will result in a lower grade point. If you have a cold, throat infection, flu or other contagious ailment, *STAY HOME, call in, and get well.* Consider the studio a place for healthy singers only. When I travel to perform, lessons will be made up in advance, or following the trip, adjusting schedules as comfortably as possible.

**Goal Sheets:** Understanding your goals is important. Fill out your goal sheets, keep a copy for yourself, and bring a copy to me at the first lesson.

**Studio Masterclass:** The masterclass gives you a chance to perform repertoire for your peers, gain feedback, and learn new repertoire. Each singer will be required to perform every second or third studio class. Songs/arias must be memorized for performance in Masterclass. You must be prepared to provide the essential meaning of your song, and know the pertinent dramatic context for your aria. Information regarding the composer and the poet is also essential. Listen with intent to your colleagues' performances and be prepared to offer helpful suggestions and reinforcement.

**Studio Concert:** We will present up to 4 Concerts over two semesters. There is an annual performance at the German Canadian Club, focused on opera arias/duos/scenes.

**Pianist:** You must provide a pianist for your lessons, studio masterclasses, juries and recitals. Treat your pianist well. Have your music ready for them; clear copies, with title, composer, your name, and contact info clearly marked. Show up for your rehearsal knowing your music.

**Repertoire:** always include at least one Canadian work on your working rep list.

**Undergrad 1st year:** 12-14 songs and one Handel aria fully prepared and memorized

**Undergraduate Performance majors:**
- 2nd year: 17 songs and at least 1 Handel, 1 Mozart opera aria
- 3rd year: 3 oratorio arias, 2 recits, 1 Mozart opera, 2 opera arias, 10 or more songs (40 minute recital)
- 4th year: 4 opera arias with recits, 1 oratorio aria, 15 or more songs (60 minute recital)

**MM:** as discussed

**Off Campus Performances:** Give off-campus performances as often as possible, especially preceding your recital.

**Personal Practice:** Plan to practice more than one hour daily. Singing is an athletic activity. Stamina, musculature and coordination is built through regular, intelligent practice. Be sure to include daily warm-up and technique. Spend another hour working on texts each day.

**Juries/Recitals:** You are responsible for knowing the requirements of your degree. [Link](http://music.uwo.ca/current_students/undergraduate/departments/music_performance/juryRequirements/VoiceJuryRecital2015-16.pdf)

**Concert Attendance and reviews:** Undergraduates are required to bring proof of attendance at 6 concerts: three voice (not choral), one orchestra, one chamber music or wind
ensemble, and two of your choice to your 2\textsuperscript{nd} last lesson of each semester. Off-campus concerts are encouraged. The Faculty of Music provides a Concert Card. Fill it in at each attended concert.

Each semester write a 300 (or more) word review of one voice recital. Studio recitals are an interesting choice. Your thoughts on the merits of the singing, the repertoire and the overall performance should be discussed. You are REQUIRED to attend concerts given by Western voice faculty.

**Guest Masterclass Attendance:** The music student body supports the Faculty Gift Fund, which allows you to hear brilliant musicians play and teach. You are required to attend Voice Masterclasses at UWO. Take advantage of masterclasses in other areas as well.

**Voice Fridays Attendance:** Fridays 1:30-2:30
Voice Fridays is an essential opportunity for learning and performing. Put it in your schedule.

**Grading**
You are graded only on your own progress, not in comparison to others. Progress, repertoire, technical growth, attendance and attitude in lessons and studio masterclasses all affect your grade. See the MPS Handbook for an outline of Grading percentages. http://www.music.uwo.ca/undergraduate/departments/music_performance/handbook/index.html

Attendance at 6 (at least) concerts per semester (see detailed list) is required. Attendance at concerts wherein Voice Faculty perform is required. Attendance at guest Voice Masterclasses is required.

**PERFORMANCE at your PEAK**
http://www.bulletproofmusician.com
www.musicpeakperformance.com

**GOOD HEALTH**
Your body is your instrument. Take care of it!!
*Wear the right clothing for the weather.
*Sleep is EXTREMELY important for the voice.
*Drink plenty of water and avoid caffeinated beverages; be aware of which foods negatively affect your voice; for some it is bananas – others oranges, for example.
*Regular exercise is basic to good health.
*Yoga is a valuable discipline for singers.
*Most important, if you do get sick – contact your pianist, teacher, other professors to give notice, and go to bed. DO NOT come to the University.

**PREVENTION and REMEDIES:**
Sleep, Exercise and healthy food prevent illness. If you feel something coming on, especially in your throat, here are helpful tips:
ONION: Using a small pot with a lid on the stove, cook a finely-chopped medium-sized onion in about 1 cup of water until it is soft. This will take about 5 minutes. The onion becomes ‘sweet’. Eat the mixture. Onion is a rich source of Vitamin C and B, as well as several minerals
GARLIC: Before you go to bed, make a piece of toast, spread honey on it. Crush at least one large clove of garlic and spread on the honeyed toast. Be sure to brush your teeth in the
morning! Garlic is an excellent source of manganese and a very good source of vitamin B6 and vitamin C. It is historically known for its “antibiotic” properties.

GARGLING: 1 c. of water as hot as you can stand it with 1 tsp. of salt in it will help a sore throat.

NETI POT: A neti pot used during a cold will greatly decrease congestion. These are available at pharmacies and health food stores.

MULLEIN TEA: available at health food stores. Excellent for easing congestion.

SLEEP. SLEEP. SLEEP.

WESTERN UNIVERSITY on STUDENT HEALTH

As part of a successful graduate student experience at Western, we encourage students to make their health and wellness a priority. Western provides several on campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your graduate degree. For example, to support physical activity, all students, as part of their registration, receive membership in Western’s Campus Recreation Centre. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page http://www.music.uwo.ca/, and our own McIntosh Gallery http://www.mcintoshgallery.ca/. Information regarding health and wellness-related services available to students may be found at http://www.health.uwo.ca/

Students seeking help regarding mental health concerns are advised to speak to someone they feel comfortable confiding in, such as their faculty supervisor, their program director (graduate chair), or other relevant administrators in their unit. Campus mental health resources may be found at http://www.health.uwo.ca/mental_health/resources.html

To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: http://www.health.uwo.ca/mental_health/module.html. This module is 30 minutes in length and provides participants with a basic understanding of mental health issues and of available campus and community resources. Topics include stress, anxiety, depression, suicide and eating disorders. After successful completion of the module, participants receive a certificate confirming their participation.

CONSIDER THIS:

Your studio grade will depend on your participation and growth. I do not wish to police your work. The responsibility is yours to have a great year and to receive a top grade. Please set goals for yourself.

Challenge yourself. Life will come along and do it for you if you don’t.

Work continuously on your performing skills and communication skills.

It is my strongest desire to help you achieve your goals. Please feel free to discuss your interests and concerns with me at any time.

Take a moment and ask yourself why you sing.
Always ask yourself this before you perform.

Always remember that while it is a difficult and sometimes frustrating process of continuous growth, it is immensely rewarding, and worth every second.