

**LEARNING AIM**

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**SETTING LONG TERMS TARGETS AN EXAMPLE**

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| **PRACTITIONER’S NAME** | Andrew Pullen |
| **Date target set** | 16/10/2016 |
| **AFTER AUDIT** | Number 1  |

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| **Long Term Target - PHYSICAL Change the red text depending on which section you are writing about****You do 4 of these – one for each heading** | Specific | I need to improve my Vocal Skills. Specifically, I want to improve my breathe control. I couldn’t sing each line from Aquarius without dipping at the end of lines as I snatched for breath. I was given this as developmental feedback from my singing tutor as an area for improvement.  |
| Measurable | I will measure my development by improving my breath control and lung capacity. In order to be able to exhale in a chest resonance for a count of 30 I will complete this exercise each evening and increase the amount of counts by at least 5 as the week progresses. I will then add lines from my monologue, and I will ensure within the month I am able to deliver each line of my monologue on an outward breath without dipping or losing projection at the end of each sentence. |
| Achievable | I will ask my tutor to focus specifically on breath control during whole class vocal warm-ups each week. I will also undertake breathing exercises each evening on my own, gradually increasing the count for the outward breath. Twice a week I will also focus on my resonance areas ensuring I can sustain my outward breath in each resonance area equally. Once that has been achieved I will increase the count reaching a count of 30 by the end of the month. |
| Realistic | This is a realistic target because three members of my company can already sustain their outward breath up to a count of 25 without increasing tension or strain in the throat/neck area, therefore with regular practice and work 30 is achievable. My vocal tutor has also agreed this is a realistic target. A professional actor interviewed could sustain the outward breathe for 1 minute, therefore to reach 50% capacity within a month seems achievable.  |
| Time | I want to increase on this skills within one month because that is when my second assessment takes place and I want to ensure my vocal skill grading increases and that I do not receive negative feedback about breath control. I will review my progress each week, aiming to have added 5 counts to the outward breath each week. Included in this review will be placement in each resonance area. I can only increase the count when I can sustain the breath in each of the resonance areas. I will reach 30 counts in each resonance area at the end of the 4 week development period. |