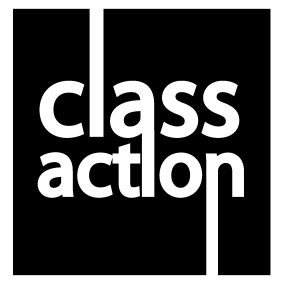
**Initial Audit / Identifying / Action Planning – Unit 20**



**LEARNING AIM**

**D**

**SETTING LONG TERMS TARGETS**

|  |  |
| --- | --- |
| **PRACTITIONER’S NAME** |  |
| **Date target set** |  |
| **AFTER AUDIT** | Number 1 |

|  |  |  |
| --- | --- | --- |
| **Long Term Target** | Specific | Delete guide text: EXACTLY what is it you want to achieve (state: which, who, what, where, when, why,)  I need to improve on … |
| Measurable | How will you demonstrate that your target has been met?  I will measure this by…. |
| Achievable | How will you ensure this is in your ability? Are there specific resources that can assist you? Can it be done at all? This will be achievable by…. |
| Realistic | It should be challenging but realistic. Why/how is it realistic? This is a realistic target because… |
| Time | Clearly specifies target dates, review dates. It will give a feasible deadline and a reason.  I want to increase on this skills within (insert time scale)….  Because…. |

**DELETE THIS TEXT – You are to complete THREE OF THESE – You are to pick ONE MAIN skill that needs developing in each “section” (=3)**

**And complete a Long Term Target for development**

**DELETE the following example**

|  |  |
| --- | --- |
| Specific | I need to improve my control and clarity of voice. 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. |