

ASSISTING YOUR DIRECTOR

- A. Be prepared to take over physical and vocal exercises, parts of or entire rehearsals, and performances.
 - Have a plan for all these activities that you can implement on a moment's notice.
 - Have confidence and energy in you plan as you implement.
- B. Develop a template for chorus rehearsals (see handout).
- C. Complete rehearsal plan using:
 - Director's input
 - Your own knowledge and instincts or priorities and goals as established by director and music staff.
- D. Be available, energetic, participating and observant at:
 - regular chorus rehearsals
 - section rehearsals (not just your own section)
 - chorus coaching sessions
 - performances
 - regional and international education events
- E. Improve your skills
 - Participate in DCP learning all areas of being a director
 - Develop your teaching skills
 - Listen to other choruses with an analytical ear
 - Tape and listen to your own chorus for analysis
 - Read the Judging Category Description Book and study score sheets
 - Take voice lessons
 - Get feedback on things you've taught or worked on
 - Develop a notebook of physical, breathing and vocal exercises (see handout)
- F. Tape rehearsals and practice directing with the director's interpretation, tempo and dynamic plan.
- G. Keep your music current with marks of director's/coaches comments/priorities and reinforce them.

H. Gain Experience

- Give and take PVI's or Voice Lessons
- Sing in a quartet/Coach quartets
- Direct section rehearsals
- Teach craft classes for your chorus or region
- Attend Regional and International contests

I. Observe, Discern and Discuss where you can be of help

- Developing/Giving PVI's
- Working with Rookies (new members)
- Coordinating Physical or Vocal Warm-Ups
- Teach or assist in Prospective member classes (Ready, Set, Grow type classes)

Sample Rehearsal Plan

Objectives:

- Develop improved posture and flexibility in uptune
- Develop improved resonance in tag of ballad
- Reinforce these skills in repertoire songs

7:00 – 7:30 Vocal Warm-Ups

- Posture and Breathing Exercises
 - a.
 - b.
- Resonance and Flexibility Exercises
 - a.
 - b.
 - c.
- Energy and/or Four Part Exercises
 - a.
 - b.

7:30 – 8:00 Contest Uptune

- Review areas for improved posture and flexibility
- Work Intro, Stomp and Tag with posture and flexibility
- Keep tempo strong while developing posture and flexibility

8:00 – 8:30 Contest Ballad

- Review implementation of resonant vocal skills as done in warm-ups
- Apply skills to specific areas of ballad as needed
- Tape

8:30 – 8:50 Choreography Review

- Polish Contest or Show music choreography

9:00 – 9:10 Introduce Guests/New Member Welcome

9:10 – 9:45 Performance/Show Package

9:45 – 10:00 Announcements and Closing

Objectives for Next Week:

- 1.
- 2.
- 3.

Ways to Implement Objectives:

- 1.
- 2.
- 3.

The Be-Happy Attitudes for Directors and Asst. Directors

By: Paula Davis

Happy are the humble and forgiving, for they have a kindred spirit who shares their goals and will help shoulder the load.

Happy are those who mourn the missed notes, mis-matched vowels and out of tune chords, for they will be comforted when they receive help from their director/asst. director.

Happy are the meek, for they will be loved and respected for their encouragement and support, helping others be the best they can be.

Happy are those who hunger and thirst after education and improvement, for they will be filled.

Happy are the merciful, for they will be shown mercy when they make mistakes.

Happy are the pure in heart, for they will be trusted and relied upon.

Happy are the peacemakers, for they are always needed and will never grow idle.

Happy are those who are persecuted because of high standards, for great is their reward at contest.

Happy are you when chorus members revile you and persecute you and say all manner of evil against you falsely, for you will receive encouragement, support and honest guidance from one another.

You are the salt and light of the chorus – if you lose your ability to work together to create a thirst for education and to cleanse your chorus of imperfections, what can we do to unify and improve the chorus? Let your solidarity and support for one another shine before the whole chorus so that they may see and mirror your example vocally and relationally and they will praise you – to one another and to the world.

You are a GIFT!

When we know ourselves better, we are better able to help others. Accepting who we are enables us to accept others with all their strengths and weaknesses. It is important to understand the characteristics of other personalities in order to appreciate how we and others see the world.

****We must continually ask ourselves whom we seek as role models and who may be looking to us for mentoring.**

****If you want to be all you can be, like a finely tuned athlete, you must choose to commit to the whole process, not just the convenient or easy parts that you like.**

The Seven Most Common Character Strengths of Each Color

Red	Blue	White	Yellow
Loyal to tasks	Loyal to people	Tolerant	Positive
Committed	Committed	Patient	Forgiving
Visionary	Quality Oriented	Cooperative	Friendly
Logical	Sincere	Accepting	Optimistic
Leader	Honest	Objective	Trusting
Focused	Purposeful	Balanced	Grateful
Responsible	Moral	Excellent at Listening	Open

The Seven Most Common Character Limitations of Each Color

Red	Blue	White	Yellow
Proud (arrogant)	self-righteous	timid	uncommitted
insensitive	judgmental	silently stubborn	inconsistent

poor at	easily	emotionally	obnoxious
listening	depressed	dishonest	
tactless	controlling	lazy	irresponsible
rebellious	unforgiving	uninvolved	rebellious
critical of	suspicious	dependent	self-centered
others			
impatient	irrational	directionless	permissive

“The best thing about acknowledging limitations is that, once understood, they can be turned into strengths.”

“We are most effective in understanding other people when we see them whole – treating them as complete personalities rather than focusing on either their strengths or limitations.”

****Information, quotes and excerpts are taken from “The Color Code” by Taylor Hartman, Ph.D., published by Simon & Schuster, 1998.

You Are a GIFT! (Give it For the Team)

Hartman Personality Profile

Directions: Mark an "X" by the one word or phrase that best describes what you are like MOST OF THE TIME. Choose only one response from each group. After you've finished question 30, total your scores for each letter.

Personality Strengths and Limitations

- | | |
|------------------------|----------------------------|
| 1. a) __opinionated | 2.a) __power-oriented |
| b) __nurturing | b) __perfectionist |
| c) __inventive | c) __indecisive |
| d) __outgoing | d) __self-centered |
| 3.a) __dominant | 4.a) __self-serving |
| b) __sympathetic | b) __suspicious |
| c) __tolerant | c) __unsure |
| d) __enthusiastic | d) __naïve |
| 5.a) __decisive | 6.a) __arrogant |
| b) __loyal | b) __worry prone |
| c) __contented | c) __silently stubborn |
| d) __playful | d) __flighty |
| 7.a) __assertive | 8.a) __bossy |
| b) __reliable | b) __self-critical |
| c) __kind | c) __reluctant |
| d) __sociable | d) __a teaser |
| 9.a) __action oriented | 10.a) __critical of others |
| b) __analytical | b) __overly sensitive |
| c) __easygoing | c) __shy |
| d) __carefree | d) __obnoxious |
| 11.a) __determined | 12.a) __demanding |
| b) __detail conscious | b) __unforgiving |
| c) __a good listener | c) __unmotivated |
| d) __a party person | d) __vain |

- 13a) __responsible
- b) __idealistic
- c) __considerate
- d) __happy

- 14.a) __impatient
- b) __moody
- c) __passive
- d) __impulsive

- 15a) __strong-willed
- b) __respectful
- c) __patient
- d) __fun-loving

- 16.a) __argumentative
- b) __unrealistic
- c) __directionless
- d) __an interrupter

- 17a) __independent
- b) __dependable
- c) __even-tempered
- d) __trusting

- 18.a) __aggressive
- b) __frequently depress
- c) __ambivalent
- d) __forgetful

- 19a) __powerful
- b) __deliberate
- c) __gentle
- d) __optimistic

- 20.a) __insensitive
- b) __judgmental
- c) __boring
- d) __undisciplined

- 21a) __logical
- b) __emotional
- c) __agreeable
- d) __popular

- 22.a) __always right
- b) __guilt prone
- c) __unenthusiastic
- d) __uncommitted

- 23a) __pragmatic
- b) __well-behaved
- c) __accepting
- d) __spontaneous

- 24.a) __merciless
- b) __thoughtful
- c) __uninvolved
- d) __a show-off

- 25a) __task oriented
- b) __sincere
- c) __diplomatic
- d) __lively

- 26.a) __tactless
- b) __hard to please
- c) __lazy
- d) __loud

- 27a) __direct
- b) __creative
- c) __adaptable
- d) __a performer

- 28.a) __calculating
- b) __self-righteous
- c) __self-deprecating
- d) __disorganized

- 29a) __confident
- b) __disciplined
- c) __pleasant
- d) __charismatic

- 30.a) __intimidating
- b) __careful
- c) __unproductive
- d) __afraid to face facts

___Total a's ___Total b's ___Total c's ___Total d's

Enter your totals in the proper spaces. On this next set of questions, pick only one answer and record your totals for each letter at the end.

- 31. If I applied for a job, a prospective employer would most likely hire me because I am:
 - a. Driven, direct and delegating
 - b. Deliberate, accurate and reliable
 - c. Patient, adaptable and tactful
 - d. Fun-loving, spirited and casual

- 32. When involved in an intimate relationship, if I feel threatened by my partner, I:
 - a. Fight back with facts and anger
 - b. Cry feel hurt and plan revenge
 - c. Become quiet, withdrawn and often hold anger until I blow up over some minor issue later.
 - d. Distance myself and avoid further conflict

- 33. For me, life is most meaningful when it:
 - a. Is task-oriented and productive.
 - b. Is filled with people and purpose.
 - c. Is free of pressure and stress.
 - d. Allows me to be playful, lighthearted and optimistic.

- 34. As a child, I was:
 - a. Stubborn, bright and/or aggressive.
 - b. Well-behaved, caring and/or depressed.
 - c. Quiet, easygoing and/or shy.
 - d. Too talkative, happy and/or playful.

35. As an adult, I am:
 - a. Opinionated, determined and/or bossy.
 - b. Responsible, honest and/or unforgiving.
 - c. Accepting, contented and/or unmotivated.
 - d. Charismatic, positive, and/or obnoxious.

36. As a parent, I am:
 - a. Demanding, quick-tempered and/or uncompromising.
 - b. Concerned, sensitive and/or critical.
 - c. Permissive, easily persuaded and/or often overwhelmed.
 - d. Playful, casual and/or irresponsible.

37. In an argument with a friend, I am most likely to be:
 - a. Verbally stubborn about facts.
 - b. Concerned about others' feelings and principles.
 - c. Silently stubborn, uncomfortable and/or confused.
 - d. Loud, uncomfortable and/or compromising.

38. If my friend was in trouble, I would be:
 - a. Protective, resourceful and recommend solutions.
 - b. Concerned, empathetic and loyal – regardless of the problem.
 - c. Supportive, patient and a good listener
 - d. Nonjudgmental, optimistic, and downplaying the seriousness of the situation.

39. When making decision, I am:
 - a. Assertive, articulate, and logical.
 - b. Deliberate, precise and cautious.
 - c. Indecisive, timid and reluctant.
 - d. Impulsive, uncommitted and inconsistent.

40. When I fail, I feel:
 - a. Silently self-critical, yet verbally stubborn and defensive.
 - b. Guilty, self-critical and vulnerable to depression-I dwell on it.
 - c. Unsettled and fearful, but I keep it to myself.
 - d. Embarrassed and nervous-seeking to escape the situation.

41. If someone crosses me:
 - a. I am angered and cunningly plan ways to get even quickly.
 - b. I feel deeply hurt and find it almost impossible to forgive completely. Generally getting even is not enough.
 - c. I am silently hurt and plan to get even and/or completely avoid the other person.
 - d. I want to avoid confrontation, consider the situation not important enough to both with, and/or seek other friends.

42. Work is:
 - a. A most productive way to spend one's time.
 - b. A healthy activity, which should be done right if it's to be done at all. Work should be done before one plays.
 - c. A positive activity as long as it is something I enjoy and don't feel pressured to accomplish.
 - d. A necessary evil, much less inviting than play.

43. In social situation, I am most often:
 - a. Feared by others.
 - b. Admired by others.
 - c. Protected by others.
 - d. Envied by others.

44. In a relationship, I am most concerned with being:
 - a. Approved of and right.
 - b. Understood, appreciated and intimate.
 - c. Respected, tolerate and peaceful.
 - d. Praised, having fun and feeling free.

45. To feel alive and positive, I seek:
 - a. Adventure, leadership and lots of action.
 - b. Security, creativity and purpose.
 - c. Acceptance and safety.
 - d. Excitement, playful productivity and the company of others.

___ Total a's ___ Total b's ___ Total c's ___ Total d's

Now add your total from numbers 1-30 to those from numbers 31-45 to get the grand totals. At this point, the four personality color types are assigned to each of the letters: Red for “a”, Blue for “b”, White for “c”, and Yellow for “d”.

Red (a) ___ Blue (b) ___ White (c) ___ Yellow (d) ___

Test taken from The Color Code by Taylor Hartman, Ph.D., Fireside Publishing