

Self Assessment

Rate your own vocal skills

1. Record yourself reading the following paragraph.

Virginia Theater

It is usually rather easy to reach the Virginia Theater. Board car number fifty-six somewhere along Churchill Street and ride to the highway. Transfer there to the Mississippi bus. When you arrive at Judge Avenue, begin walking toward the business zone. You will pass a gift shop displaying little children's playthings that often look so clever you will wish yourself young again: such things as books and toys, and, behind the counter, a playroom with an elegant red rug and smooth, shining mirrors. Beyond this shop are the National Bank and Globe Garage. Turn south at the next corner; the theater is to your left.

2. Record yourself while you're on the phone talking to a friend.
3. Play back the recordings. What do you hear? Complete the following checklist using the rating scale from 0-2. Be honest.

0 = never, 1 = sometimes, 2 = most of the time

Checklist

1. Does your voice trail off at the end of a sentence?.....
2. Do you talk too fast?.....
3. Do you talk too slow?.....
4. Do you speak in a monotone?.....
5. Is your pitch too high?.....
6. Is your pitch too low?.....
7. Does your voice sound too soft?.....
8. Does your voice sound too loud?.....
9. Does your voice get tired at the end of the day?.....
10. Does your voice sound strained at the end of the day?.....

Score _____

Posture

Stand in front of a mirror. Stand naturally. Observe and rate the following.
0 = never, 1 = sometimes, 2 = most of the time

1. Are your shoulders rounded?
2. Does your chin jut forward?
3. When you stand sideways can you see a “C” curve in your spine?
4. Do you place your weight on one foot more than the other?

Score _____

Relaxation

Feel and rate the following.
0 = no tension, 1 = moderate amount of tension sometimes, 2 = a lot of tension most of the time.

1. Shoulder tension
2. Neck tension
3. Jaw tension

Score _____

Breathing

Look in a mirror and take a deep breath. Observe and rate the movement of your chest, shoulders, & abdomen
0 = never, 1 = sometimes, 2 = most of the time

1. Do your shoulders rise?
2. Does your chest rise?
3. Are you sucking your abdomen in when you take the breath?
4. Do you run out of breath counting from 1-20 on one breath? Taking at least 10 seconds.
5. Do you run out of breath when you try to sustain /s/ for at least 15 sec.?
6. Do you run out of breath when you try to sustain /z/ for at least 15 seconds?

Score _____

Total Score _____

If your total score is 24 or more then your voice needs improvement. You would benefit from the download “Elocution Handbook – Your voice” or taking sessions with us at our office or on Skype.