

General Information

Grant Number	539
Project Title	Helping Young Musicians with Performance Anxiety
Please select the MAIN curriculum area your grant addresses.	Fine Arts
Does your grant have a technology component? (Will you have technology equipment, software, etc. in your budget?)	<input checked="" type="radio"/> No <input type="radio"/> Yes
Primary Contact Information	
First Name	Ellen
Email	Ellen_Townley@allenisd.org
Last Name	Townley
Phone Number	972-832-0565
Campus	Lowery Freshman Center
Main Subject	Fine Arts
Grade(s)	<input type="text" value="9"/>
I have co-applicants.	<input type="checkbox"/>
Social Media	
Please provide your work-related social media contact information.	
Facebook	Allen Orchestra
Twitter	Allen Orchestra
Other (please specify)	

Describe details of the project

Grant Number	539
Campus/Student Information	
Your campus:	Lowery Freshman Center
Will other campus' be involved/impacted by this grant?	<input type="radio"/> No <input checked="" type="radio"/> Yes
Please select all campuses that will be involved/impacted by the grant.	<input type="text" value="Allen High School"/>
Your grade(s):	9
Will other grades be involved/impacted?	<input type="radio"/> No <input checked="" type="radio"/> Yes
Please select all grades that will be involved/impacted by the grant.	<input type="text" value="10
11
12"/>
Project Purpose	
What is the problem, need, or opportunity that this grant will address? Explain what students will know and be able to do as a result of this project and/or how a problem will be addresses and/or how a situation improved because of the grant. (500 words or less.)	

Each year I get questions from students and parents about ways to help them deal with performance anxiety when they play in

class or in an audition situation. The goal of this project is to help students prepare so that they will have less anxiety when they perform as individuals for playing tests in class, region/all state auditions, solo & ensemble contest, competitions and college auditions. They will learn practice strategies to help them prepare for these auditions and tools to help them with their anxiety on the day they perform. These skills applied in music performance will help the students beyond their music classroom in many aspects of their life.

Project Description

How will the project or program be implemented? Describe activities and tasks.
Who is the target population and in what ways will they benefit? (500 words or less.)

The implementation of this program will begin with a visit from Miranda George. Ms. George presented a session on performance anxiety at the 2017 TMEA Convention in San Antonio this year. She has agreed to present this information to our 9-12 instrumental music students (band, choir & orchestra) at the beginning of the 2017-2018 school year to help them prepare for auditions and performances throughout the school year. This presentation will give the students strategies to deal with performance anxiety in their music classes and beyond. It could impact them when giving presentations for other classes, speaking in public, or in an interview situation. For our students that suffer from chronic anxiety, they may gain some strategies to help them with their daily struggle in school.

Project Summary

Provide a brief summary for use on the Foundation's website and social media. (2-3 brief sentences)

Performance anxiety for musicians is common among all ages and ability levels, especially young musicians. This presentation for our HS music students will give them tools and strategies to deal with performance anxiety in and out of the music classroom.

Allen ISD Goals/ TEKS

Which Allen ISD goals/TEKS does this project support? Provide only two or three examples.

This project supports all of the Allen ISD goals. This project would allow us to transform the traditional classroom to give our students opportunities to become a responsible and engaged citizen. Giving students tools to help them with their performance anxiety will allow them to communicate easily with others and also help them become effective problem solvers. The music TEKS that this project supports would be Creative Expression and Critical Evaluation.

Measurement

What specific measurements will be used to evaluate the effectiveness of the project? (500 words or less)

We will take the tools and strategies from the presentation by Ms. George and work with the students to apply them in any audition situation. We will observe them in performance situations and see them using these strategies to help them deal with performance anxiety. Student feedback will be our best measurement; through surveys and discussions we can see if these tools and strategies to deal with performance anxiety have helped them.

Teaching Methods

What teaching methods will be used to implement this project? (500 words or less.)

The teachers of the students who attend this presentation will gain valuable knowledge on how to help their students who are dealing with performance anxiety. As we prepare the students for auditions and performances, we can remind them of the strategies outlined in the presentation. They can become part of our dialogue when addressing performance anxiety whether it's a region audition or a playing test in class. Teachers from other subjects are welcome to attend the presentation to gain knowledge that would help their students in similar situations.

Timeline

What is the project timeline and the date of implementation?

The project would begin with a presentation in the fall of 2017; our goal is early September. We will utilize the tools and strategies from the presentation throughout the year to help our students prepare for auditions, playing tests and performances at solo & ensemble contest. Throughout the year we will use discussions in rehearsal to answer questions and get ideas from the student's personal perspective about what has worked for them. At the end of the year we will have feedback and reflection from the students by a survey in Google.

Curriculum/System Support

Explain how this idea or project enhances/supports Allen ISD curriculum or existing systems.

This project will help the students beyond their music classroom. Students can use the tools and strategies from the presentation to help them with presentations they give in other classes, public speaking, interviews and may help students who suffer from chronic anxiety. Teachers from other subjects will be invited to attend the presentation so that they may find ways to use the tools and strategies in their own class.

Budget details

Budget Details ** All awarded funds will be available by September of the next school year.

Budget Item	Item Type	Unit Cost	Quantity	Total Cost
Speaker Fees, per day	Other Expenses	500.0	4	2000.0

BUDGET TOTAL 2,000

Are there any additional funds available for this grant? Campus or District Funds? PTA funds? Let us know if you have or will be seeking funds from other sources to help with this project.

Additional funds? No
 Yes

Signature page and principal contact

Principal Approval Required

Please provide the Name and Email of your PRINCIPAL. (Not your name)

First Name	Last Name	Email Address(Completed)
Jill	Stafford	Jill_Stafford@allenisd.org

Applicant Signature

By entering my name below I signify that I understand that if I move within the District and have written the grant myself, I may take the grant with me to my school (as long as it is appropriate for my classes). If I have written the grant as part of a team, I will leave the grant behind with the team. If I leave AISD, I will leave the grant with the school for which I wrote the grant. As a condition of this grant, I will complete an evaluation form provided by the Foundation.

Signature Ellen Townley

Date 03/14/2017

Principal's approval form

I certify that this would be a good use of funds for our school and this grant supports the district goals and/or our campus improvement plans. **Do NOT include any identifiers, such as: campus name, your name, teachers name or mascot **

No actions possible.

Comments

Approved

History and final disposition of application

State Change History

State Change *****
03/15/2017 07:51:30
Submitted

State Change *****
03/15/2017 13:29:03
Accepted

Grant Status

Grant Awarded Yes
 No

Award Amount 800
