

MEMORY: DO I REALLY HAVE IT?

Tests to Achieve a Solid, Reliable, and Successful Memory
Dr. Christie Sowby, NCTM | Dr. Desireé González, NCTM

UMTA Conference

Thanksgiving Point
November 3, 2018

MEMORY TESTS

1. Can you play through every note mentally, without your fingers moving?
2. Can you play your piece on a tabletop, with no sound, just hearing rhythm?
3. Can you play your piece with noise blocking out the sound of the piano?
 - a. Play on a keyboard with the volume turned all the way down
 - b. Play a different piece of music over some speakers while at the same time playing your piece on the piano.
 - c. Get a recording of the same piece you are playing and perform with it. Make sure the recording is louder than you are.
4. Use methods of purposeful distraction:
 - a. Have someone throw stuffed animals or soft pillows at you while you play.
 - b. Find objects typically found in a piano studio to make noise while a student practices performing.
 - c. Be creative!
5. Can you play the music with your eyes closed and looking up?
6. Can you play your music hands alone by memory? This can be played at the final, medium, or slow tempo.
7. Can you skip to any big formal section as it is called out, hands alone or hands together?
8. Can you play your piece of music in the dark without being able to see anything?
9. Can you write out the most difficult parts on staff paper by memory?
10. Can you talk someone else through the entire piece analytically?
11. Do you have three to six sections pre-mapped out that you can skip to if needed?
12. Have you practiced improvising out of a memory slip?
13. Can you play your music without pedal by memory?
14. Can you play the music in your mind while looking at the score, hearing every note perfectly?
15. Can you sing the melody and analyze the intervals as you sing them?
16. Can you play the melody or any other line with one finger (ideally the pointer finger)?
17. Can you analyze the chords/interval associations out loud by memory as you play your piece?
18. Can you listen to recordings of your piece and play along with it, moving your fingers with the music but not playing on the piano?
19. Can you play the right, left, or hands together as someone else calls out each of these randomly throughout your piece?
20. Can you visualize all the aspects of your performance from the time you enter the stage to the time you leave?
21. What are three things that went well in the performance and one thing that I can improve?

HIGH PERFORMANCE TECHNIQUES

You can do this

Let's see how good I can be

I am calm

I am healthy

I find joy in the process

I own the situation

I can become anything I want

I have faith

I am in the present

I believe

My limit is nowhere

I can push my limits

I am in control of myself at all times

I am stronger than my strongest excuse

I can overcome anything

I love helping others

I have a positive attitude

I am happy for everyone's accomplishments

Anything is possible

I love what I do

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I am at my best
I am confident
I am happy
I am humble

I am not always right
I can handle criticism
I am smart
I speak kindly toward everyone