



Mind Over Finger

**AUDITION
SUCCESS!**

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**CONGRATS
ON YOUR
UPCOMING
AUDITION!!!!!!**

Regardless of the result, one thing I know FOR SURE, is that you will WIN! You will WIN knowledge of your instrument, of yourself, of the process! You will WIN skills and experience! You will WIN confidence, resilience, and courage!

Find below my favorite tips and tricks to make the process as solid as possible and the audition day go smoothly! This process helped me accomplish my goals and win several auditions!

May it be of value to you and help you do the same! And remember this:

YOU'VE ALREADY WON!!!!

PREPARATION

1. **Start as early as you can.** Last minute preparation makes for shaky auditions. Create a preparation plan.
2. **Get all the music and put it together in a binder.** Go over the list several times and make sure you have identified all the excerpts correctly.
3. **Make a playlist on iTunes, Spotify, or any device of your choice and... Listen to it often!!!** Listen to different versions to hear different interpretations. Pay attention to the style, tempo, articulations, dynamics, and your role in the score.
4. **Be organized in your preparation.** Find a system that works for you, i.e. notebook, calendar, chart, etc. Keep track of your progress and what work remains to be done.
5. **Use a metronome!** Also practice with a drone or tuner to check intonation.
6. **The committee will be listening for precision of INTONATION, RHYTHM, ARTICULATION, and DYNAMICS, as well as for a beautiful SOUND QUALITY and MUSICIANSHIP.** In other words, you need to play in tune, in time, and in tone, and also make sure that you are playing the excerpts musically!
7. **If your audition list asks for scales, play them as beautifully as you can, like real repertoire.** This means in tune, with beautiful sound and a smooth bow usage.
8. **Consistency is key.** Try to cover the whole repertoire every day. Practice at least 6 days a week.
9. **Record yourself!!!** Use something that is simple to use, like a smartphone. You'll be more likely to do it.
10. **Play your audition for everybody you know!** If you have access to trusted guides and teachers, try to play for them as much as possible (be well prepared!). Record it.
11. **Practice beginning each excerpt.** Several times. Everyday. Condition yourself to begin perfectly.
12. **Assume that the level you have reached a week before your audition is the level at which you can expect to perform.** The days preceding the audition are your "insurance policy". Keep solidifying the music but make sure you taper appropriately. Take care of yourself: eat well, schedule relaxing and fun activities, and visualize.
13. **The night before, have a nice meal, watch a good movie, and take it easy.** Also: go to bed early!!!

NERVES AND PERFORMANCE ANXIETY

Nervousness will always be a part of the performer's life. Learning to accept nervousness and finding ways to get familiar (maybe even comfortable!) with the anxiety is very important in making performing and auditioning more enjoyable.

Auditions are a wonderful way to learn to handle stress and anxiety! See it as a great opportunity for you to become stronger in the face of challenges!



1. Stay away from caffeine (soda, coffee, chocolate) before the audition.
2. Drink water to stay properly hydrated.
3. Exercise or have other hobbies that help with relaxation.
4. Learn to visualize. See, hear, and feel yourself performing the audition. Visualize the room, the people listening to you, and how you will feel while playing.
5. Try breathing exercises.
6. Mantras can often help sooth nerves and increase confidence.
 - i. "I'm in control!"
 - ii. "I can do this!"
 - iii. "I'm calm/relaxed."
 - iv. "I'm prepared and ready!"

THE AUDITION

On audition day, focus on why you are at the audition and why you play music.

The audition committee wants to hear great music and is excited to hear you play: use this as motivation to make MUSIC and play beautifully!



BACKSTAGE/WARM UP AREA

- a) Focus on yourself.
- b) Ignore other players. Do not compare your playing to how you think they play. Be confident in your own abilities.
- c) Warm up properly! Start with some slow scales and get your fingers moving.
- d) Only start the excerpts, and think through the excerpt tempos, etc... You have practiced the excerpts a million times! You're ready! You don't need another run-through. Save it for the stage.
- e) Bring an extra sweater! You never know how cold it will get in the warmup area.
- f) Bring water and snacks. You will need energy, and you might be there for a long time if things are running late.
- g) Bring tissues. Sounds funny, right? Nerves might make your nose run!

ON STAGE/AUDITION ROOM

1. Walk in confidently, knowing that you have put in the work and are ready! If you can see the judges, make eye contact, smile at them, and say hello.
2. Remember that the judges are happy to hear you and are on your side!
3. Take the time to get settled and comfortable. Move the stand or chair as needed.
4. Think of the tempos and hear the orchestra part in your head before you start.
5. Breathe deeply and relax. Focus on making music.
6. Even if you mess up, keep going.
7. Again, the audition committee will be listening for precise and stable rhythm, accurate intonation, beautiful tone quality, and elevated musicality. The last two are crucial. Don't forget them!
8. Have fun!!!!

BE PROUD OF YOURSELF FOR TAKING ON AN AUDITION!

**IT IS A CHALLENGE THAT WILL TEACH YOU MANY LIFE SKILLS
AND MAKE YOU A STRONGER PERSON!**

WAY TO GO!

Get in touch with me at reneepaule@hotmail.com if you have any questions.

Let me know how the audition went!