



Personal Vocal Instruction

Name _____ Date _____

Faculty Member _____

What do you like about your voice?

What would you like help with today?

POSTURE:

Stance – feet under shoulders, weight forward on balls of feet

Knees flexible

Trunk centered over hips

Lifted ribcage

Shoulders back but not rigid or tense

Arms hanging freely

Head centered over spine

Neck relaxed

Chin parallel to floor

BREATHING:

Open, relaxed throat

Lowered larynx

Relaxed tongue

Expanded breath (left to right, a full circle from front to back)

Breath management (controlled, energized release)

PHONATION:

Coordination of breath and sound (no glottal attack, escaping air)

Tone (sustained, free and clear)

Vibrato (steady and even)

RESONANCE:

Lifted soft palate

Relaxed jaw (easily moved while singing)

Dimensional tone (in the mask, with height, depth, and width)

ARTICULATION:

Vowels formed correctly with no regional dialect

Minimal use of consonants

ACCURACY:

Clean intervals

Pitch integrity (maintain tonal center)

HOMEWORK:

1. _____

2. _____