

## SAPS Scoring and Comment Document

Complete this document while playing back the recordings you made using the **Self-Assessment Protocol for Singers (SAPS)**. Some items can have a score/grade, others only comments. This document is available for download at [sanesinging.com/saps](http://sanesinging.com/saps), along with the SAPS. In the boxes labeled "Score", use any scoring method you like. Numeric values such as 1-100, letter grades such as A-F, emojis, or a short phrase will all work fine. The point is to track progress over time in a way that is meaningful to **you**.

### 1. SCALES

Criterion	Score	Comments
a. Steady Tempo		
b. In Tune		
c. Vowel clarity		
d. Metronome speeds used		
e. Other comments		

### 2. ARPEGGIOS

Criterion	Score	Comments
a. Steady Tempo		
b. In Tune		
c. Vowel clarity		
d. Metronome speeds used		
e. Other comments		

### 3. DYNAMIC CHANGES

Criterion	Score	Comments
a. Smoothness of dynamic change		
b. Dynamic range. More or less dynamic range than previously?		
c. Vibrato consistency		
d. Where in your pitch range is the most dynamic variation possible?		
e. Other comments		

### 4. PITCH CONNECTIONS AND RANGE

Criterion	Score	Comments
a. Smoothness. Make a note on measures where the connections were not smooth.		
b. Ability to create soft, medium, and loud dynamics on all pitches.		
c. Document the lowest and highest pitches on which could be sung both softly and loudly.		
d. How do the lowest notes feel in your body?		
e. How do the highest notes feel in your body?		

f. How does vibrato change throughout the range, if it does?	
g. Which slides are the most difficult, if any?	
h. What are the lowest and highest pitches of your range where you can still connect the three slurred notes?	
i. Is the pitch range larger or smaller than last time?	
j. Has either the highest or lowest pitch shifted? If yes, explain.	
k. Describe the timbre of your highest notes.	
l. Describe the timbre of your mid-range.	
m. Describe the timbre of your lowest notes.	
o. Other comments	

## 5. VOWELS

Criterion	Score	Comments
a. Intonation. Pay special attention to the notes in the middle of the arpeggio.		
b. Is each vowel recognizable throughout the staccato arpeggio?		
c. Is each vowel recognizable throughout the legato arpeggio?		
d. Are the staccato notes instantly clear without noise or breathiness?		
e. Do the legato arpeggios move smoothly from note to note?		
f. Metronome speeds used		
g. Are some vowels easier than others? If yes, explain why you think that is the case.		
h. Other comments		

**6. PERFORMANCE VIDEO – React to the following "I" statements.**

1. My vowels are clear and distinct from each other.

- strongly agree
- mildly agree
- neither agree nor disagree
- mildly disagree
- strongly disagree

2. My words can be understood by an audience.

- strongly agree
- mildly agree
- neither agree nor disagree
- mildly disagree
- strongly disagree

3. I appear confident when I perform.

- strongly agree
- mildly agree
- neither agree nor disagree
- mildly disagree
- strongly disagree

4. I feel confident when I perform.

- strongly agree
- mildly agree
- neither agree nor disagree
- mildly disagree
- strongly disagree

5. My body feels good when I perform.

- strongly agree
- mildly agree
- neither agree nor disagree
- mildly disagree
- strongly disagree

6. I have good posture (body alignment) when I perform.

- strongly agree
- mildly agree
- neither agree nor disagree
- mildly disagree
- strongly disagree

7. This performance was technically solid.

- strongly agree
- mildly agree
- neither agree nor disagree
- mildly disagree
- strongly disagree

8. The performance was convincing; it seemed like a personal expression.

- strongly agree
- mildly agree
- neither agree nor disagree
- mildly disagree
- strongly disagree

9. My performance clearly conveyed my intended emotion.

- strongly agree
- mildly agree
- neither agree nor disagree
- mildly disagree
- strongly disagree

10. My stylistic interpretation of this piece is excellent.

- strongly agree
- mildly agree
- neither agree nor disagree
- mildly disagree
- strongly disagree

11. My overall rating of the quality of this performance is:

- excellent
- very good
- good
- mediocre
- poor

12. I enjoy performing.

- strongly agree
- mildly agree
- neither agree nor disagree
- mildly disagree
- strongly disagree

**7. OVERALL COMMENTS – Write here or make a recording of your answers.**

a. What seems better and what seems worse than last time?	
b. Did I make improvements that I intended to make since the last self-assessment?	
c. What things would I like to improve the most before my next evaluation?	

d. Do I generally enjoy listening to my recordings more or less than last time? Why?	
e. How does singing feel to me physically and emotionally?	
f. Do I enjoy singing? Why?	

**ADDITIONAL COMMENTS AND VOCAL GOALS FOR THE NEXT YEAR AND BEYOND:**

A final free-form statement is encouraged. This could be in the form of an essay, a journal, a letter, bullet points, recorded oral statements, sketches, or any manner of expression that suits you. This is an opportunity to bring the formal and informal parts of the assessment together, and generate ideas for next steps in voice training and care.

Keep this scoring document and any additional items generated at this time for the next time you go through the SAPS. After you do each assessment, review the previous one(s) and see if you are going in the direction you want to be going.