

UNLV Department of Music
proudly presents

THE MUSICIAN'S BLACK BOX[®]

THE PSYCHOBIOLOGICAL FACTORS OF STAGE "FRIGHT"

with Special Guest Speaker,

Dr. Adina Mornell,

Professor of Music Education and Instrumental Pedagogy
at the University for Music and Dramatic Arts, Graz, Austria.

10 September 2008,
4:00 pm
Beam Music Center
Doc Rando Recital Hall

"Practice, practice, practice" is the age-old remedy for stage fright. Generations have taken this "medicine, but no one has been completely cured. Despite countless hours of research and "experimentation, as well as numerous books and articles on the subject, the phenomenon "stage" fright" has neither been sufficiently defined, causes identified, nor have successful treatment" methods with long-term results been found, leaving music performance an arena for "survival of the fittest." Aren't we ready for an alternative approach?"

- What is "optimal performance"?"
- Scientific information about stage fright and personality.
- The four factors of stage fright: physiological, cognitive, behavioral, and emotional.
- Athletes, airplane accidents, and parachute jumpers: discoveries that every musician should "know about."
- Prevention and coping: the research to date and consequences for musicians, including practical preparation and performance strategies.