

Dancer Name: \_\_\_\_\_



# IDTS

International Dance  
Teaching Standards

## Dancers Psychological State Self-Assessment

**1- All of the time**  
**3- Sometimes**  
**5- Never**

### General Assessment

	Always				Never
How often do you say negative things about your dancing?	1	2	3	4	5
How often do you get so frustrated with your performances that your practices become unproductive?	1	2	3	4	5
How easily do you block out distractions when you are on stage?	1	2	3	4	5
How easily can you visualize or imagine yourself performing your routines flawlessly?	1	2	3	4	5
How successfully do you handle competitive anxiety and pressure?	1	2	3	4	5
How excited are you about going to the studio every day?	1	2	3	4	5
How willing are you to keep working when you are physically tired?	1	2	3	4	5
How well do you communicate with your teachers?	1	2	3	4	5
How much do you allow a bad performance in one dance to pull you down for the next dance?	1	2	3	4	5
How often do you set goals to help you achieve what you want in dance?	1	2	3	4	5

### Performance Assessment- How often do you experience...

Sweaty hands and increased body temperature	1	2	3	4	5
Rapidly beating heart (when not exerting yourself)	1	2	3	4	5
Butterflies or tension in your stomach (even nausea)	1	2	3	4	5
Tension in your body (muscle tension)	1	2	3	4	5
Shaky or jittery feelings	1	2	3	4	5
Negative thinking about yourself, or your abilities	1	2	3	4	5
Worries about performing poorly	1	2	3	4	5
Worries about not doing well in competition	1	2	3	4	5
Worries that others will be disappointed in your performance	1	2	3	4	5
Worries that you will forget your routine	1	2	3	4	5

### Readiness Assessment

How often do you forget costume pieces	1	2	3	4	5
How often do you rely on your mother/sister etc to pack your costumes	1	2	3	4	5
How often do you arrive on time to competition	1	2	3	4	5
How often do you stretch/warm up properly before competing	1	2	3	4	5
How often do you run through your dancers before competing	1	2	3	4	5
How often do you cheer for all dancers, even those not on your team	1	2	3	4	5
How often do you have hair and make up completed early	1	2	3	4	5
How often do you have your working back up music available	1	2	3	4	5
How often do you congratulate others	1	2	3	4	5
How often do you feel good about your efforts regardless of the results	1	2	3	4	5

**Conclusions and strategies for improvement of Psychological readiness:**