



## Supporting Your Child's Audition Success

### A Parent Companion Guide

*This guide offers practical ways for parents to support their child's audition preparation with confidence and perspective.*

#### **ASSIST WITH PLANNING**

- ☐ Confirm audition dates, times, and locations
- ☐ Review required music and expectations together
- ☐ Help create a realistic preparation timeline
- ☐ Avoid last-minute schedule changes when possible

**Why this matters:**

Clear expectations reduce anxiety and help students focus on preparation.

#### **SUPPORT HEALTHY PRACTICE HABITS**

- ☐ Encourage short, focused practice sessions
- ☐ Promote consistency over cramming
- ☐ Provide a quiet, distraction-free practice space
- ☐ Celebrate effort, not just outcomes

**Why this matters:**

Consistent practice builds stronger skills and long-term confidence.

#### **ENCOURAGE PERFORMANCE PREPARATION**

- ☐ Offer opportunities for mock performances
- ☐ Encourage recording and listening back
- ☐ Help simulate audition conditions at home
- ☐ Reinforce positive stage presence

**Why this matters:**

Practicing performance situations builds comfort and reduces nerves.

#### **SUPPORT A STRONG MINDSET**

- ☐ Normalize nerves as part of performing
- ☐ Encourage positive self-talk
- ☐ Avoid negative comparisons to others
- ☐ Focus on growth and improvement

**Helpful reminders for students:**

- "I am prepared."
- "I trust my practice."
- "I can handle this."

## AUDITION DAY SUPPORT

- ☐ Encourage good sleep and hydration
- ☐ Allow extra travel time
- ☐ Help with professional attire
- ☐ Maintain calm, positive energy

## AFTER THE AUDITION

- ☐ Celebrate courage and preparation
- ☐ Encourage reflection, not perfection
- ☐ Reinforce gratitude and professionalism
- ☐ Focus on lessons learned

Auditions are learning experiences. Every performance helps students grow.

## THINGS TO REMEMBER

Your support helps students develop more than musical skills. It builds confidence, resilience, responsibility, and professionalism — qualities that extend far beyond music.

***Prepared musicians perform with confidence and continuously improve.***



**Dr. J.'s Music Academy and Studio**

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