# Increase Your Melody
Kelsey Tabor, Psychology, 2020

SUMMARY

What: Co-lead band vocalist
When: April 9, 2019-November 23, 2019
Where: St. Hedwig, TX
The Rock UMC Band was made up of two co-lead vocalists, two back-up vocalists, 2 guitarists, a drummer, and a bass player. We would perform at least once a month at the Rock UMC and additionally at other venues around St. Hedwig/San Antonio, depending on our bookings. We met Tuesday evenings for about two hours at a time to practice the set lists for upcoming performances. As a co-lead vocalist, my personal goals were to improve my stage presence, vocal range, and increase my self-confidence in singing.
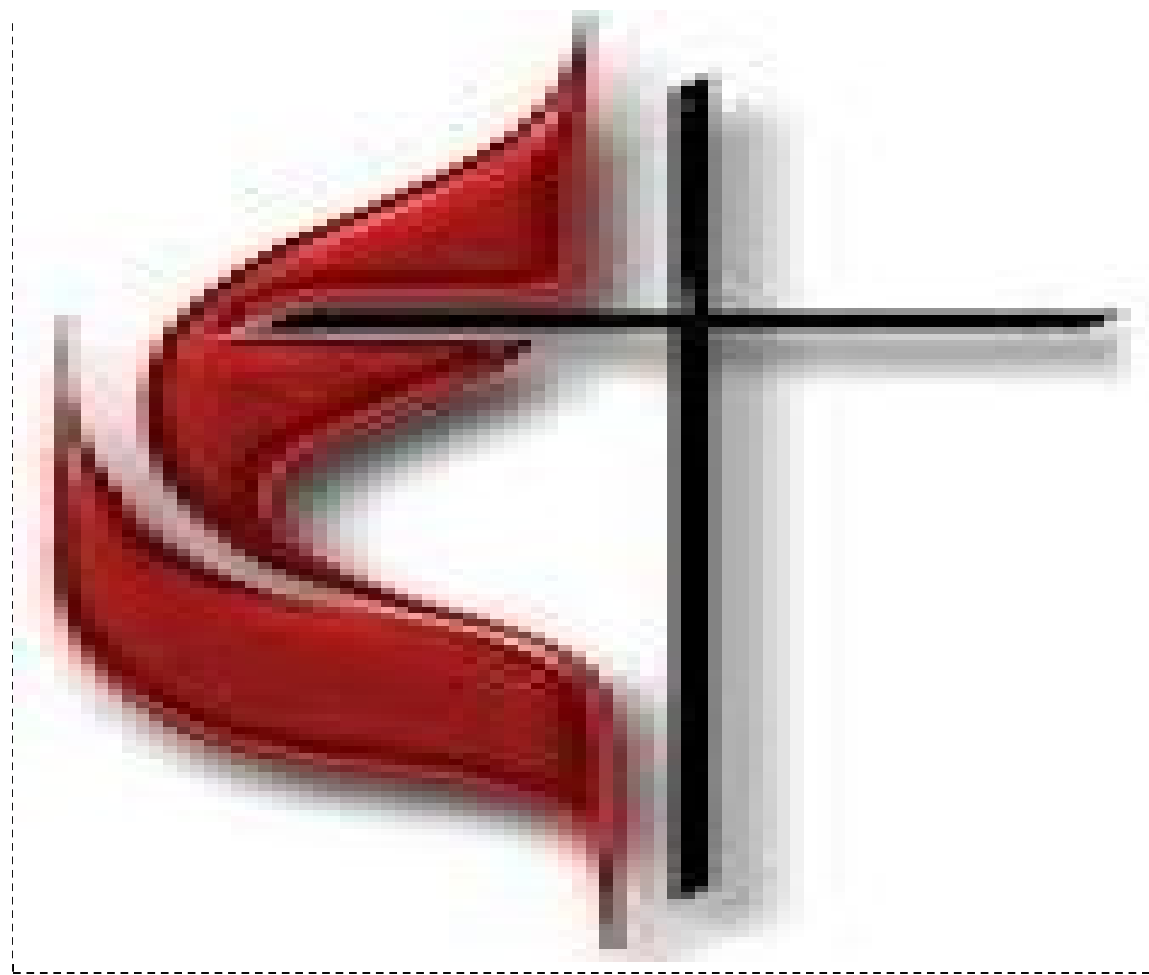
SPICES

Increased my vocal range and improved my self-confidence and stage presence. I sang primarily Alto 2 prior to this experience and am now able to sing parts ranging from slightly above Alto 1 to slightly below Contralto.

HERBS

Resilience: Never gave up, persisted through failure
Support: Encouraged one another to perform our best at all times, even when we were feeling down on ourselves.

LEARNING OUTCOMES

Adaptability & Resilience:
Accepting any type of criticism and quickly learn from setbacks/successes to focus on the next performance.
Self-reflection & Awareness:
Realizing I am not perfect and rely on criticism to work on what I needed to make myself a better bandmate and musician.
Communicating Effectively:
Keep line of open communication among the band to make sure performances run smoothly.

IMPACT

I effectively improved my vocal range through my participation as a vocalist of this band. Through being a part of the Rock UMC Band, I was able to provide entertainment and music therapy to our audiences through our performances, and because we loved what we did, it was a therapy for us, too.

ADVICE

Never tell yourself you cannot do something, that only discourages improvement or growth. Try to pick up new skills sometimes or continue developing in existing skills.