Music Performance and Flow Questionnaire

Start of Block: Reading Comprehension Task

Instructions Please read the two passages below.

Passages **Passage 1:**  
 Geological Evolutionary theory, the idea of scientifically dating Earth, is a relatively recent concept. Seventeenth century scientists began to use geological evidence to bolster the idea that Earth evolved over time. In the eighteenth century, British scientist James Hutton posited his theory of Uniformity. According to this theory, processes that change the Earth in the past are still at work today. In the nineteenth century, Charles Darwin expanded the idea of geological evolution to include biological evolution. Combining Hutton and Darwin's theories, scientists then used fossil evidence to begin dating the Earth. Compared to other geological sciences, Geological Evolutionary theory is still relatively new, and many of its fundamental assumptions are constantly challenged.  
   
 **Passage 2:**  
 Geological Evolutionary theory is based on a simple assumption: older rock strata came first and hence, should lie underneath younger rock strata. While distinct layers of "strata" of rock of varying ages are a commonly observed phenomenon, the order of the layers does not necessarily correlate to the presumed age of the rocks themselves. The Heart Mountain Throat in Wyoming is one such thorn in the side of evolutionary geologists. At Heart Mountain, 50 separate blocks of Paleozoic strata are resting horizontally on top of Eocene beds which are supposed to be 250 million years younger. Numerous theories for this seemingly anomaly have been put forth; however, none yet has emerged as an intuitive truth.

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Q16 **Set the survey aside.**

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Q18 Now please answer the reading comprehension questions below.

Q1 Which of the following statements about Geological Evolutionary theory is supported by both passages?

* Geological Evolutionary theory has not yet been proven to be true. (1)
* Geological Evolutionary theory cannot yet explain the placement of Paleozoic strata. (2)
* Geological Evolutionary theory is not yet old enough to be true. (3)
* Geological Evolutionary theory is a commonly observed phemomenon. (4)

Q2 Passage 1 is unlike Passage 2 in that Passage 1

* attempts to prove a theory while Passage 2 attempts to disprove it (1)
* places a theory in time while Passage 2 offers an example to contradict it (2)
* proves a new geological theory while Passage 2 offers a counterexample (3)
* contradicts an existing theory while Passage 2 proves one (4)
* criticizes a popular theory while Passage 2 defends it (5)

Q3 Passage 2 is best described as

* a confirmation of a firmly established theory (1)
* an exception to a generally accepted truth (2)
* an itemization of the flaws of newly established theory (3)
* a discussion of an intuitively plausible hypothesis (4)
* a potential exception to an observable theory (5)

End of Block: Reading Comprehension Task

Start of Block: State Flow

Q19 In this section you will be asked to answer questions about the time you spent performing your instrument.

Flow Short Scale Please rate the degree each statement describes your **musical** experience.

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|  | Not at all (1) | (2) | (3) | Partly (4) | (5) | (6) | Very much (7) |
| I felt just the right amount of challenge (1) |  |  |  |  |  |  |  |
| My thoughts/activities ran fluidly and smoothly (2) |  |  |  |  |  |  |  |
| I did not notice time passing (3) |  |  |  |  |  |  |  |
| I had no difficulty concentrating (4) |  |  |  |  |  |  |  |
| My mind was completely clear (5) |  |  |  |  |  |  |  |
| I was totally absorbed in what I was doing (6) |  |  |  |  |  |  |  |
| The right thoughts/movements occurred of their own accord (7) |  |  |  |  |  |  |  |
| I knew what I had to do each step of the way (8) |  |  |  |  |  |  |  |
| I felt that I had everything under control (9) |  |  |  |  |  |  |  |
| I was completely lost in thought (10) |  |  |  |  |  |  |  |

End of Block: State Flow

Start of Block: Block 2

time\_estimate How long do you think you spent performing your instrument? Without consulting any references, please report your time estimate in ***minutes***and ***seconds***.

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Piece What was the ***name*** of the piece you played today?

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Composer What was the ***composer*** of the piece you played today?

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Measure numbers Please list all the excerpt ***measure numbers*** you played today. (example: m.23-35)

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End of Block: Block 2

Start of Block: Block 4

Instructions In this section, you will answer questions about your performance. Please read the questions first. Then, you will be instructed to rewatch your video in order to answer them.

Timestamps Please list the **time ranges** (in minutes and seconds) when you became so absorbed in the music that you stopped being consciously aware of your performance.  
  
 Example:  
 1:34-2:26  
 4:33-5:12  
 6:52-6:58

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Flow\_measures Please list the **measure numbers** when you became so absorbed in the music that you stopped being consciously aware of your performance.  
  
 Example:  
m. 12-14  
m. 36-44

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Observations Please list any comments or observations you have about those moments:

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Comments Do you have any additional comments about your performance?

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End of Block: Block 4

Start of Block: Block 5

Demographics This section will ask you demographic questions.

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Age What is your age?   
(Please note the text box accepts numbers only.)

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gender What is your gender?

* Male (1)
* Female (2)
* Other (specify) (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Prefer not to answer (4)

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educ What year are you in your degree?

* 1 (1)
* 2 (2)
* 3 (3)
* 4+ (4)

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race Which of the following best describes you?

* White (1)
* Black or African (2)
* Indigenous (3)
* Asian (4)
* Pacific Islander (5)
* Other (specify) (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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ethnicity Are you Hispanic/Latino?

* Yes (1)
* No (0)

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eng Is English your native language?

* Yes (1)
* No (0)

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YearsPlayed How long have you been playing this instrument (in years)?   
(Please note the text box accepts numbers only.)

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PerformanceFrequency How regularly do you perform in public?

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ReadMusic Do you read music? If so, do you learn your music by heart?

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End of Block: Block 5