



**SING LIKE A STAR™ STUDIOS LLC**

Sing Stronger. Sing Higher.

Sing Like A Star

www.SingLikeAStar.com

## SING LIKE A STAR STUDIOS INFORMATION AND FAQ

Sing Like A Star Studios is your premier source for voice and songwriting instruction in Atlanta-and throughout the world with online singing lessons- where you will:

- Sing higher and stronger with NO vocal strain!
- Eliminate voice breaks!
- Sing well in the style of music YOU like-R & B, gospel, musical theatre, rock, pop, country, Contemporary Christian, jazz!
- Sing riffs, runs, and licks- with style!
- Record in the studio!
- Write your own songs!
- Develop your performing skills and artistry by performing in professional showcases!
- Sing with the vocal technique used by today's top recording artists and Broadway stars!
- Develop the power, consistency, range, flexibility, and natural sound most sought after by the music industry's most successful producers!

Founded by renowned vocal coach Tricia Grey, MM, SLaS provides unparalleled training to aspiring and professional singers of every musical genre. Sing Like A Star brings world-class vocal instruction to the greater Atlanta area with in-person lessons at our conveniently located studio (600 Houze Way, Roswell, GA 30076), and even more convenient vocal training from anywhere in the world with online Zoom voice lessons. You can have the world's best vocal training delivered right to your home, car, office, or hotel!

SLaS inspires, empowers, and educates a wide-ranging clientele from every musical category. Rock, pop, country, jazz, R&B, gospel, contemporary Christian, and musical theatre singers develop the vocal skills at Sing Like A Star studios that allow them to shine in their chosen musical style.

This is world-class training for contemporary and popular styles of singing, based on science. We develop and coordinate the muscles that *should* be used in singing, known as intrinsic muscles, and we teach you to *stop* engaging the muscles that get in your way, which are known as extrinsic interfering muscles. We build brand new neuromuscular responses that, with practice, become life-long good habits. Over time your voice begins to function effortlessly; things that used to be hard for you to sing become amazingly easier with this process.

Sing Like A Star singers deliver effortless power, amazing vocal control, great high notes, authentic vocal styling, and incredible consistency- no wonder Sing Like A Star trained singers are at the forefront of today's music industry. Sing Like A Star vocal lessons will help you to sing stronger, sing higher, and sing with total confidence- in any vocal style!

But singing lessons are not just for aspiring professionals; anyone who loves to sing should consider vocal training at Sing Like a Star Studios.

*“At Sing Like a Star Studios we can teach anyone to sing- if they are willing to practice” says studio owner Tricia Grey, MM. “Many people think that singing ability is something you either have or you don’t- but nothing could be further from the truth. I have worked with several students through the years who did not begin with a great natural vocal ability but had tremendous drive, discipline, and work ethic who now have professional careers!”*

Whether you are a young singer, a professional, or just have a bucket list, Sing Like A Star vocal training will make your dreams come true!

In addition to world-class singing lessons and vocal instruction we offer performance opportunities in a beautiful state-of-the-art professional theater, the Strand Theatre, which seats 500 people. Our Sing Like a Star Singers’ showcases enable students to combine their new vocal technique with performance skills and they are great fun too!

At Sing Like A Star Studios you have many options to learn the world’s most valuable vocal technique:

- 1. In-person lessons: You can take lessons in-person at either our studio: 600 Houze Way, Roswell, GA 30076
- 2. Online Zoom lessons: For busy and over-booked people, this option is so convenient! You can take one-on-one online voice lessons through your computer, smartphone, or i-pod touch. This approach is very effective- almost like being there in person, especially with the platform we use, ZOOM. This is a great stress and time saver! Technology now makes it possible to have a voice lesson from anywhere in the world! Even our busy local students often use the internet distance training option, combined with in- person lessons whenever they can get to the studio.

*In addition to world-class vocal training we offer piano, guitar, and songwriting instruction as well as artist development, studio recording, performance coaching, audition coaching and pageant coaching.*

## **FREQUENTLY ASKED QUESTIONS**

### **1. What will I learn at Sing Like a Star?**

You will learn to sing stronger, sing higher, and sing with complete confidence, in any style you prefer including gospel, blues, rock, pop, jazz, musical theatre, country and R&B. We tailor your instruction to make you the best singer possible in the music styles you love!

You will develop amazing high notes, power, control, and flexibility to sing licks, runs and vocal riffs, just like your favorite artist. You will develop your own unique style. At Sing Like a Star Studios you will become a confident singer because you know your voice will work correctly- every time!

You will experience dramatically increased vocal range, power, and control. Your voice will be healthy, strong, and beautiful, and you will experience freedom from vocal strain.

You will be able to sing through a range of at least three octaves. You will eliminate voice breaks by learning how to bridge. Bridging is the art of transitioning through the passaggio, or passageway between lower register and upper register. You will learn to sing with soul, emotion, and flexibility.

This is world-class training for contemporary and popular styles of singing, based on scientific research. We train the muscles that need to be coordinated and efficient in singing (these are called intrinsic muscles), and we teach you to stop engaging the muscles that get in your way, (these muscles are called extrinsic interfering muscles). We build brand new neuromuscular responses that, with practice, become life-long good habits. Over time your voice begins to function effortlessly; things that used to be hard for you to sing become easier and easier with SLaS training!

Your vocal development is planned, logical, and organized. It is based on specific objectives. It begins with your initial PVE (Professional Voice Evaluation) introductory session with your Sing Like a Star instructor, where your voice will

be professionally evaluated and you will receive a lesson plan tailored for your voice based on The Eight Steps of Vocal Development.

Each week, as you work through The Eight Steps of Vocal Development with your teacher, you are increasing skills while progressing toward becoming the singer you always wanted to be - one skill at a time. The Eight Steps of Vocal Development begins with the foundation of good singing- breath management, otherwise known as *appoggio*. Then we build and develop the lower register of the voice, followed by the upper register.

Then we begin connecting those registers together so you have one smooth and strong unbroken sound. The higher steps of development emphasize things like vibrato, dynamics, and flexibility. These steps build a reliable and efficient vocal technique, so you can focus on performing and singing from the heart!

In Step 8: Style you will even learn to sing great riffs and runs, becoming a creator of your own improvisations rather than just an imitator. But even more important- you will very quickly be able to apply your new skills to the songs you would like to sing!

Spiral Learning Concept: SLAS instruction is based on the Spiral Learning concept- we constantly re-visit concepts, but at higher skill levels with each repetition, if the student has done the required practice between sessions, consistently progressing to higher and higher skill levels by creating automatic habits.

## **2. How do I get started with lessons at SLAS?**

To get started, simply register for a [Professional Voice Evaluation](#) (\$30) where we can meet with you either in-person at our Roswell, GA location or online with Zoom to assess your voice and demonstrate just how quickly YOU can learn to Sing Stronger....Sing Higher....and Sing Like a Star!

## **3. What happens at the Professional Voice Evaluation?**

At the Professional Voice Evaluation we will professionally **evaluate your voice** and demonstrate and explain why the SLAS method is so amazing. If you decide you would like to commit to lessons we will then reserve a spot for you in their regular weekly schedule and you will prepay for your first month of sessions along with the SLAS Breathing Belt.

The purpose of the introductory Professional Vocal Evaluation session is...

### **FOR YOUR SLAS INSTRUCTOR TO:**

- Professionally evaluate your voice and share with you our plan to address your unique vocal challenges with the SLAS Eight Steps of Vocal Development Program.
- Provide you with a sample of what the SLAS lesson experience is like.
- Give you the opportunity to commit to regular weekly lessons in the teacher's schedule if you would like to do so.

### **AND FOR YOU TO:**

- Receive a professional evaluation of your voice, your current level of vocal technique, and a specific plan to address vocal challenges.
- Discuss your musical and career goals with us and receive feedback about how we can help you achieve them.
- Reserve a weekly lesson time in your SLAS instructor's schedule and prepay for your first month of sessions, (if you decide you would like to commit to the lessons).

## **4. When will my Professional Voice Evaluation session be scheduled?**

Once you [register and pay](#) for the Professional Voice Evaluation, our office staff will reach out to you by email within 48 hours (Monday-Friday).

Please check your spam folder to make sure you don't miss the email!

You can also reach out to our office staff at [404-790-1830](tel:404-790-1830) (during the regular work week Mon-Friday 9 am-5pm).

[CLICK HERE TO MEET THE TEACHERS!](#)

## 5. Where will my Professional Voice Evaluation and my lessons take place?

What works best for you?

Does your focus and energy better applied to your in-person vocal lessons?

Maybe you're more comfortable with online zoom lessons.

Either way, we are here to help!

So, choose [in-person vocal lessons at our Roswell, GA studio](#), and/or [online zoom lessons!](#)

## 6. Why choose Sing Like a Star?

At Sing Like a Star Studios, you will learn to

- Sing higher and stronger with NO vocal strain!
- Eliminate voice breaks!
- Sing well in the style of music YOU like – R&B, gospel, musical theatre, rock, pop, country, jazz!
- Sing riffs, runs, and licks- with style!
- Record in the studio!
- Write your own songs!
- Develop your performing skills and artistry by performing in professional showcases!
- Sing with the vocal technique used by today's top recording artists and Broadway stars!

You will follow a [specific path of skill development](#), so you know how you are doing. That path is [The Eight Steps of Vocal Development](#), from the manual and course *You Can Sing Like a Star*, by Tricia Grey, MM.

## 7. Tell me more about your teachers?

**Sing Like a Star founder Tricia Grey, MM**

Sing Like a Star studio founder Tricia Grey, MM is an exceptionally qualified voice teacher with a Master's Degree in Music and 40+ years of professional experience teaching, training teachers, singing, writing songs, recording, and performing in the competitive music industry. She is the founder of Sing Like a Star Studios in Atlanta, Georgia, the author of the books *YOU can Sing Like a Star!*, *YOU can be a Successful Voice Teacher*, and the creator of the groundbreaking Eight Steps of Vocal Development method.

Tricia hails from Los Angeles California, where she had a highly successful vocal studio and sang professionally before relocating to Atlanta where she founded Sing Like a Star Studios. Tricia's unique synthesis of world-class education and real music business experience has resulted in an approach to voice teaching that is unparalleled.

She has trained thousands of successful singers and voice teachers around the world. With her unbeatable track record as a professional singer, a Master's Degree in Music, students on Broadway, America's Got Talent (Angelica Hale) The Voice, American Idol, X-Factor and with record deals and admission to the most prestigious University music degree programs, her ongoing research and education in vocal science, and her astounding ability to diagnose and quickly correct vocal issues, Tricia Grey, MM is one of the music industry's most powerful, effective, and sought after vocal coaches.

## **SLaS Associate Teacher Lewis Ray**

Students with financial constraints or who are exploring singing for fun will enjoy [Lessons with SLaS Associate Teacher Lewis Ray](#).

Associate Teacher Lewis Ray was trained by studio owner Tricia Grey, MM.

He has been our most popular teacher at Sing Like a Star for over 8 years.

Besides being an excellent singer who is still active in the professional world, Lewis is kind, patient, dedicated, fun, and he loves working with students of all ages and skill levels, including children.

[\*\*CLICK HERE TO MEET THE TEACHERS!\*\*](#)

### **8. What is the Sing Like a Star Eight Steps of Vocal Development Method?**

The Sing Like a Star Eight Steps of Vocal Development Method is a technique that enables contemporary vocalists to sing throughout a range of at least three (and often four or more) octaves with power, consistency, and flexibility. This highly successful vocal training method develops vocalists who sing from very low to very high notes with consistent timbre and quality; it is the preferred training for today's artists who want a powerful and natural vocal sound- the vocal quality of the stars!

The Sing Like a Star method will give you the voice you have always dreamed of and will enable you to reach your goals quickly and efficiently (if you practice every day).

Click the link below to read all about the world-famous Sing Like a Star vocal method- The Eight Steps of Vocal Development!

[\*\*READ ALL ABOUT THE SLAS METHOD HERE!\*\*](#)

### **9. What are your rates?**

**Our rates range from \$100- \$150 per hour. We offer 30 minute, 45 minute, and 60 minute weekly lesson options.**

### **10. Can you explain how my voice works?**

The website has a plethora of information about how your voice works. Click on the link below to see videos and lots of great information:

[\*\*HOW YOUR VOICE WORKS\*\*](#)

The vocal folds are located inside the larynx or Adam's Apple. Air pressure causes the folds to open and close very quickly, creating sound waves. Those sound waves contain a fundamental (pitch) plus harmonics (overtones) that travel upward from the larynx to be enhanced or damped in the resonating chambers of the pharynx (throat) and mouth. We control our sound by learning how to correctly sing vowels, and by adjusting the moveable parts of the resonating chambers, such as the tongue, the lips, jaw space, etc.

When the muscles outside the larynx, known as the extrinsic swallowing muscles, engage in an effort to control pitch or dynamics, unnecessary muscular tension causes the larynx to rise, preventing the vocal folds from vibrating freely. SLaS training will teach you to use the right muscles (the intrinsic muscles) and stop using the wrong muscles (the extrinsic muscles), how to supply just the right amount of airflow by understanding appoggio or breath management, and how to

access the easiest and most powerful vocal sounds possible through vowel tuning. We develop coordination, efficiency, and freedom in your singing.

We need to coordinate and balance four in order to sing well: 1. TA/CT muscle activity. 2. Vocal onset. 3. Resonance, or more precisely formant/harmonic activity, which we can control by the way we shape the resonators of the pharynx and mouth. 4. The balance of air pressure and vocal fold resistance, or air and muscle.

TA/CT balance:- the TA and CT muscles- are responsible for shortening and lengthening the vocal folds. These muscle groups need to learn to work together cooperatively so you can sing from low to high without cracking. In the chest voice or lower register the TA muscles are dominant, so your vocal folds are shorter and thicker; the TA muscles contract.

As you sing higher, the CT muscles should become progressively more active, tipping the thyroid cartilage forward so the vocal folds are stretched and lengthened. This coordination is something that needs to be taught- hardly anyone figures this out all by themselves! Usually singers find the chest voice and stay stuck there or they try to bring the lengthened vocal fold posture of upper register too low, causing the folds to come apart. Then you get a breathy, weak one.

Vocal Fold Adduction: The vocal folds must be adducted, or brought together, at the onset of sound. If the folds are not properly adducted the sound is breathy or weak. Singers often come in to the studio with the idea that they need to work on breathing because they can't get through a phrase without running out of breath.

The problem often lies not with their breathing, but with their vocal folds. If the folds are not appropriately adducted to begin sound, air escapes through the folds. This means the singer will run out of breath and that the sound they are producing will be breathy and inefficient.

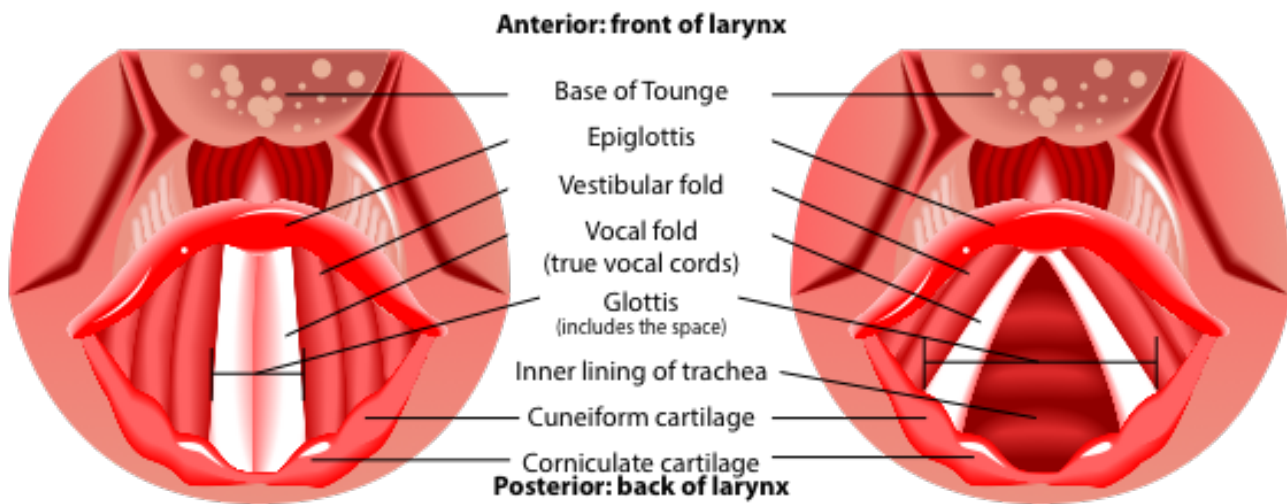
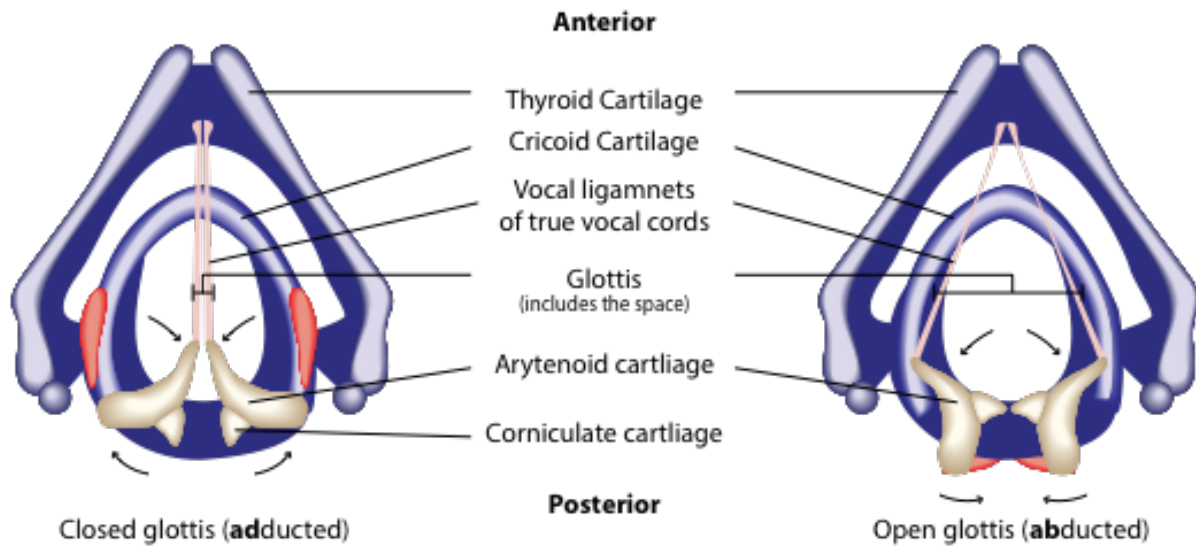
Resonance Activity: Resonance is more precisely formant/harmonic activity. This is pretty complicated stuff. Formants are an acoustic resonance of the vocal tract, measured as an amplitude peak in frequency when a singer sings into a software program such as Voce Vista. Harmonics are overtones. When the sound waves travel upward from the larynx, some of these harmonics are enhanced and some are damped, depending on the size and shape of the pharynx (throat) and mouth resonators.

Air pressure and vocal fold resistance: We do this by acquiring good breath management or *appoggio*. Excessive air pressure is damaging to the voice; on the other end of the spectrum, a lack of physical energy usually correlates with a breathy, weak vocal sound. Learning to use "just enough and not too much" air pressure is essential.

Sing Like A Star voice lessons trains these components to work automatically by creating new neuromuscular responses through the use of a series of sequential exercises that create confidence in singers. Knowing you can rely on your technique allows you to focus only on performing and enjoying singing, because you know your voice will work efficiently and automatically- every time!

The image on the next page is from the book YOU can Sing Like a Star! by Tricia Grey, MM. When you register for lessons you will have access to this amazing manual where you can learn all about the science of the voice. This course also has over 700 recorded exercises set to real music. This makes practicing fun!

# VOCAL FOLDS ADDUCTED AND ABDUCTED



Vocal folds in closed position; closed glottis.

Vocal folds in open position; open glottis.

The vocal folds **adduct** or close to initiate phonation for singing or speaking.  
They **abduct** or open for inhalation and exhalation (respiration).

For more information about how your voice works please visit [www.singlikeastar.com](http://www.singlikeastar.com)



## **11. Do you provide performance opportunities?**

We provide performance opportunities with our twice-yearly showcases at the beautiful 500 seat Strand Theatre in Marietta Square.

When we are preparing for the shows we focus extensively on performing skills and song presentation. We bring in choreographers who teach movement and stage presence. These fun and inspiring shows give our singers the chance to put their new skills to work in a professional environment- complete with lights, sound, and professional video recording.

The purpose of the SLaS Showcases is to give Sing Like a Star students a chance to test their new vocal skills in a professional theater environment and to become better performers and singers. Every time you perform you will get better!

The Sing Like a Star Singers' Showcases are for performers of all ages. From beginner to professional, we all improve with each performance we do- especially with tools such as the video to review and learn from.

The SLaS Singers' Showcases happen every Fall and Spring.

## **13. Why is Sing Like a Star the best studio for me?**

Quick results, a proven, science-based method, and our commitment to helping you sing the styles you love to sing! At Sing Like A Star Studios you will learn to sing stronger, sing higher, and sing with complete confidence, in all styles including gospel, blues, rock, pop, jazz, musical theatre, country and R&B. You will develop amazing high notes, great power and control, and the ability to sing licks, runs and vocal riffs, just like your favorite artist. You will develop your own unique style too!

Your voice will be healthy, strong, and beautiful, and you will experience freedom from vocal strain. You will be able to sing with power and flexibility from your lowest notes to your highest notes, with an octave of at least three octaves. You will eliminate voice breaks by learning how to bridge. Bridging is the art of transitioning through the passaggio, or passageway between lower register and upper register. You will learn to sing with soul, emotion, and flexibility.

And, best of all, your voice will remain healthy for a lifetime of singing if you continue to practice the principles of good vocal production that you will learn at Sing Like a Star studios.

This is world-class training for contemporary and popular styles of singing, based on scientific research. We train the muscles that need to be coordinated and efficient in singing (called intrinsic muscles), and we teach you to stop engaging the muscles that get in your way, known as extrinsic interfering muscles. We build brand new neuromuscular responses that, with practice, become life-long good habits. Over time your voice begins to function effortlessly; things that used to be hard for you to sing become easier and easier with this process.

Sing Like a Star Vocal training is unlike any method in existence today. This world- renowned vocal technique will develop amazing high notes and eliminate straining and vocal breaks. You will learn to sing from very low to very high with a consistent sound. You will develop power, effortless control and the contemporary vocal quality of today's artists with SLaS vocal training!

Your voice will be strong, connected, and balanced, with dramatically increased vocal range, power, and vocal control. You will be able to sing in any style of music you choose, with a healthy, flexible, and powerful sound. You will learn to sing licks, runs and riffs for R&B or gospel styling. At Sing Like a Star Studios you will become a



Confident singer because you know your voice will work correctly- every time! You will learn to be the artist you always dreamed you could be.

You will sing the style of music YOU love to sing rather than a teacher's favorite style of music. We believe singers should be empowered to sing in the styles they prefer; we teach all styles- rock, gospel, R&B, musical theatre, contemporary Christian, pop, jazz, classical, and country.

### **MOST IMPORTANTLY: WE HAVE A PLAN!**

A question for you: Have you ever taken a voice lesson and left that teacher's studio wondering what the purpose of the lesson was? Have you taken numerous lessons without seeing the improvements you were looking for? Does the process of improving your voice seem mysterious? Has your teacher ever explained exactly what is going on with your vocal folds and the rest of the vocal mechanism when you sing?

**Often vocal training is presented with undefined objectives, vague feedback, and no plan for developing specific muscular coordination. These ineffective lessons typically consist of a random "warm-up" followed by numerous repetitions of a song. They deliver little actual vocal improvement because they are not targeted at improving specific muscular coordination and efficiency.**

The SLaS method is a specific, logical, and organized plan of development with definable and measurable objectives for each step of your skill-building. Each step has specific and measurable objectives; your teacher will be glad to discuss these objectives with you so you will know how you are doing. You will always know where you are in your path of vocal training and what your next goal will be! The Eight Steps of Vocal Development guides you sequentially and logically through all phases of your vocal development, with each new skill building upon the previous skill.

The Eight Steps of Vocal Development begins with the foundation of good singing- breath management, otherwise known as *appoggio*. Then we build and develop the lower register of the voice, followed by the upper register. Then we begin connecting those registers together so you have one smooth and strong unbroken sound. The higher steps of development emphasize musical skills, like vibrato, dynamics, power, and flexibility. In Step Eight you will learn how to riff and run like the pros- how to develop style! These steps build a reliable and efficient vocal technique, so you can focus on performing and singing from the heart!

At Sing Like a Star you will see immediate changes in your voice and you will know exactly why you are doing each exercise. We can explain everything that is happening in your voice from a vocal science perspective, if you are interested. Because you are on a specifically designed path of development- The Eight Steps of Vocal Development- you will know exactly how far you have come, and what lies ahead. Your vocal development is based on specific objectives and definable outcomes. It is not just random and inefficient "warming up", but a sequential and planned program of skill building that is designed to develop specific muscles in a specific order for a specific result.

As you progress through The Eight Steps of Vocal Development you are building efficient muscular coordination, eliminating your old bad habits and replacing them with good ones. Anything you want to achieve with your voice can be done- one step at a time! With this method you will soon be able to sing like you never dreamed you could sing! You will suddenly find your voice doing things you never thought it could do- things that formerly seemed impossible are now easy for you because you have trained the vocal muscles to function efficiently.

# THE EIGHT STEPS OF VOCAL DEVELOPMENT

## SUCCESS



Goal: Singing Songs. A foundation of good technique makes singing songs easy!

- 8: Style: Riffs and Runs, Texture, Singing Authentically in Any Style, Blues and Pentatonic Riffs
7. Advanced Skills: Dynamics, Flexibility, Power, Stepwise Motion, Eliminating the Helpers
6. Register Balancing with Moderate Compression: Staccato and Advanced Vibrato
5. Register Connection with Temporary Sounds
4. Isolators: Equal Development of Lower (TA dominant) and Upper (CT dominant) Registers.
3. Activating and Developing the Upper Register
2. Activating and Developing the Lower Register
1. Breath Management and Appoggio
0. Assessment and Diagnosis - Determining your vocal category



Sing Stronger. Sing Higher.  
Sing Like a Star.

## MIX

The Sing Like a Star (SLaS) vocal method enables singers to sing with power and control from the lowest notes to the highest notes with a powerful, consistent, and connected sound- the commercial sounding vocal quality that the music industry is looking for! This is known as the balanced registration and mix approach to voice. This technique will develop amazing high notes, at least a three octave range (or more), power, control for riffs, licks and runs, along with the development of your personal vocal style.

Mix is the preferred singing method of major popular recording artists in R&B, gospel, country, pop, rock, Broadway, and musical theatre singers throughout the world. It is the most sought after singing technique in the music industry. Mix is the ringing, brilliant, powerful quality a contemporary singer has when singing high notes; it sounds like they are taking their “chest voice” all the way up to the highest pitches, but they are not- they are mixing! Mix is powerful and projected- it sounds strong but it feels easy and unforced. Mix enables singers to sing with power and control from the lowest notes to the highest notes with a consistent, connected, natural sound.

The mix is the strong upper register that sounds like you are belting, but feels easy! This is an exciting sound, and is the sound that all the stars in today’s music business use- whether they are pop or Musical Theatre, this is the sound to get!

Every singer needs powerful high notes that are similar in tone to the low notes- high notes that have the same power and brilliance as chest voice without the strain of pushing the chest voice upward. Every singer is looking for the vocal quality known as mix. Whether you sing pop or musical theatre, this is the sound you need! Mix is the most sought-after vocal sound in the music industry today, and mix is what we teach at SLaS! Mix is the natural, powerful, contemporary vocal quality the music industry is looking for- and Sing Like a Star Studios is the place to get it!

Your voice will be strong, connected, and balanced, with dramatically increased range, power, and control. You will be able to sing any style of music you choose, with a healthy, flexible, and powerful sound. You will learn to sing licks, runs and riffs for R&B or gospel styling. At Sing Like A Star Studios you will become a confident singer because you know your voice will work correctly- every time! You will learn to be the artist you always dreamed you could be.

### 14. What are your practice requirements?

The SLaS technique is the best vocal training you will find. It will work the fastest, and will give you the range, power, and artistry that you want- **but only if you do your part!** Your part is a **commitment to daily practice** (or as close as you can come to daily) and consistent weekly voice lessons. If you commit a year to this process (which really is not that long) you will see amazing results. You will actually see amazing results within the first six months if you really work at it.

For good results you need to:

- 1) Be consistent and daily about your practice routine.
- 2) Become a dedicated learner who schedules practice time as a priority.
- 3) Be accountable- learn to follow through. Keep your commitment to yourself, your future, and your talent.

We want you to know that we require **30 minutes per day of practice on exercises, not songs**. That is the only way change and improvement occurs.

The practicing habit might be a bit of a struggle in the beginning. To create a habit you have to repeat an action with focused attention many, many times, creating a neuropathway in the brain, a kind of groove that means you don't have to think about the action any more. Once you get that going, the action is easy. It's fun. **Singing will be that way someday, we promise!** But... trying to change a habit or learn a new habit takes attention and focus.

**Mindlessly "warming up" does nothing to create new habits.**

Vocalizing along with your most current lesson with focused attention will create new habits. Which means that, someday, you won't have to think about it- because by then it is second nature! You have, through many repetitions, created a new neuro- pathway in your brain. Habit is partially due to a physical substance, called myelin, which is built up with focused repetition. The more you reinforce a good habit the stronger it gets. That's the problem with skipping practice days- you weaken the connection.

**Practice is:** standing in front of a mirror, vocalizing along with your most recent lesson, with attention focused on the goal or objective of that week's lesson- what skill you are trying to improve. Plug your recorded lesson into a boom box or a loudspeaker system. You need to project!

Less-than-ideal might be vocalizing in the car on the way to school. Just find a way to include it in the day.

Please don't over-schedule yourself with every activity available, leaving no time for practice, then get frustrated when you aren't making the progress you should, and quit. Any new habit takes consistency, repetition, and reinforcement- practicing is no exception! And you have to leave time in the schedule for that to happen.

You should know that:

**Music lessons of any kind require daily practice.** You are going to have to eliminate some activities to make time for this. Establish priorities.

**Magical thinking will not improve your singing!** In many people's minds singing lessons are all about singing songs. They indulge in **magical thinking**- that singing like a superstar is magically going to happen because they are taking voice lessons, and that if they could only get on a talent show like The Voice they would surely be discovered and become famous. No work involved. Unfortunately, while that might be an enjoyable idea, the reality is that NO ONE who is a successful singer got there without being really disciplined and having an exceptional work ethic. It's like being an athlete! It takes that kind of commitment. If the goal is to improve, (and have fun too!) there needs to be a daily practice routine, preferably at the same time each day, of a minimum of 20- 30 minutes per day, **on the exercises we give you, not singing songs.** That is why we record the lessons.

**In the magical thinker's mind, voice lessons are just singing songs.** Beyonce never had to work at it and Celine Dion just gets up on stage being awesome with no practice or hard work at all. In the magical thinker's mind just taking a lesson once a week will make them great.

**The reality is: You have to work specific muscles in a specific way consistently and daily to see results. You build skills, sequentially, one on the other. To move forward to a new skill you have to acquire the first skill.**

In vocal technique for singers of all ages we are developing muscles, efficiency and coordination, one skill at a time. That is the premise of The Eight Steps of Vocal Development. If those muscles are not exercised daily with the correct exercises by singing along with the recorded lesson those muscles just do not change. You have to do the work to see the results.

**HOW TO PRACTICE:** Stand in front of a mirror and watch yourself, focusing on posture, correct breathing, jaw position. Play the most recent lesson from beginning to end and sing along with the lesson. Make sure your recording is plugged into a speaker. Turn it up! You will progress quickly if you sing the exercises in the order given, along with the recording.

**Singing songs is not practicing, vocalizing with the scales in your lesson is practicing!**

**A good way to encourage a habit is to start small- even 10 minutes a day will result in change and improvement. The key to creating good habits is daily consistency, preferably at the same time every day. Then start increasing the time by 5 minutes.**

Three books to read about this are *Talent is Overrated*, *The Talent Code*, and *Outliers*.

**So-called “talent” actually means very little. How hard you work at something, and how many times you repeat a skill with focused attention, determine your success- or failure.**

### **FOR PARENTS:**

**For Parents: the only requirement for us to work with your child is the willingness and ability of the child to practice the recorded lessons for 30 minutes each day. This will require you, the parent, to be proactive in scheduling and requiring regular daily practice.**

Children are not developmentally capable of sustaining ongoing and consistent self-discipline, no matter how much they like to sing. This is up to parents to schedule, to expect, and to enforce. Most children are not going to be able to consistently schedule and execute practice sessions on their own, so parents will have to be very “hands on” about this.

It is simply not true that if kids really want to sing, they will discipline themselves to practice. Parents have to be very proactive, sometimes all the way through high school. That is the nature of the developing brain. But, if you create good practice habits young, they will be sustained for life. Make practicing the first thing your child does when they walk through the door after school.

In the beginning, practice is a bit like eating vegetables. They may not love it, but the payoff is worth it!

Quitting lessons because you left it up to the child to practice, and they didn't, sends the message that anything that is challenging- don't work at it- just give up! Not a great message. When your child begins to see the **payoff of practice**- a stronger voice, better high notes, and the ability to sing like their favorite artist, the practice habit gets a whole lot easier!

**If you want to be successful at music of any kind, room must be left in your schedule for daily practice. That probably means omitting something else.**

The biggest mistake I see parents making is over-scheduling their child. They rush madly from one activity to the next, with no time left for practicing at home. Make choices. Establish priorities. This is a very good life-lesson. Doing plays, for example seems like a really fun idea, but they require a huge time commitment, leaving little time for anything else. That might be a great thing to do in the summer, when you don't have school obligations

is well.

Please don't over-schedule your child with every activity available, leaving no time for practice, and then get frustrated when they don't practice, feel like you are wasting your money, and quit. Instead, create a schedule that allows time for daily practice, and applaud them when they do it!

Any new habit takes consistency, repetition, and reinforcement- practicing is no exception! And you have to leave time in the schedule for that to happen consistently.

Developing the practicing habit is a little like eating vegetables instead of MacDonald's- your child may not love it, at first, but to see change and improvement they will have to get into the habit of doing it.

A good way to encourage this is to start small- even 10 minutes a day will result in change and improvement. The key to creating good habits is daily consistency, preferably at the same time every day.

**The best way to teach your child anything is to model the good behavior. They will imitate what you do, not what you say.** So, if you have ever wanted to take voice lessons, this is a great time to do it! It's something that you and your child will really bond over and enjoy doing together.

## 15. How do I access the subscription courses?

As a student of Sing Like a Star, you get free access to the online coursework, including the manual and over 700 recorded exercises.

Non-students pay for the course (\$49 per month) You can access the courses YOU can Sing Like a Star! and YOU can be a Successful Voice Teacher at <http://www.slascourses.com/>

## 16. How do I contact SLaS?

Email [support@singlikeastar.com](mailto:support@singlikeastar.com)

Call 404-790-1830

## 17. Where can I get free vocal tips and learn more about the singing voice?

1. Visit our You Tube channel: <http://www.youtube.com/triciagrey>
2. Subscribe to the Vocal Tips blog on the website at [www.singlikeastar.com](http://www.singlikeastar.com)
3. Visit these tabs on the website at [www.singlikeastar.com](http://www.singlikeastar.com)

<http://www.singlikeastar.com/the-slas-method/>

<http://www.singlikeastar.com/how-your-voice-works/>

3. For daily tips and training please follow us on Tik Tok at: <https://www.tiktok.com/@singlikeastar4u>