



NMH/NordART RAPP Lab: 'Developing Critical Reflection in Artistic Research'

Info Sheet #1: Critical Reflection as Exploration

Dear RAPP Lab participant,

A warm welcome from the Arne Nordheim Centre for Artistic Research at the Norwegian Academy of Music – NordART at NMH! We are glad to join with partners across Europe to offer our NMH/NordART RAPP Lab on Critical Reflection. During the one-week long Lab, we shall join up via Zoom for plenary sessions, breakout groups, workshops and discussions, as well as giving you some personal time for doing exactly what this Lab is about: critical reflection.

Through these activities, we shall:

- Discuss various models that introduce critical reflection into music-making
- Hear from experienced artist-researchers about their reflective practices and what they hope you can learn from these
- Trace the path of critical reflection as a practice that can evolve right from undergraduate-level to post-doc work
- Engage with you in workshops that focus upon specific aspects of reflection
- Help you develop your own ideas for projects within breakout groups where you can gain advice
- Play our part in the overall RAPP Lab project, with a view to helping all involved to better understand how critical reflection can work for the enhancement of musical/artistic life.

What you'll need to start:

- Access to the Research Catalogue (<https://www.researchcatalogue.net>) and, if you haven't already done so, the setting up of a profile for yourself on this platform. The Research Catalogue (RC) will also be the site for our exposition on the Lab, which we'll develop in 'real time' during the process.
- A Zoom account
- Contact with your institutional RAPP Lab Project Leader

Two important practical points:

- The Lab sessions will run from Monday 22 March (starting at 14:00) to Friday 26 March (ending at 12:30). On Tuesday to Thursday, sessions will run from 09:30-17:00. We will provide a more detailed timetable soon; meanwhile, it is important that you keep as much of this time as possible free for the Lab. Although we understand you may need to miss some parts, you'll gain the most by being present throughout.
- The Lab will be recorded on Zoom for research purposes. By attending the Lab, you need to give us permission to do this. If you are not happy to be recorded on Zoom, then you should not attend this Lab.



First things first - some preparation work:

In order to get some background ideas and information, to familiarise yourself with the NMH RAPP Team, and so that you come to the Lab with some ideas relating to your own work that we can share and discuss, we ask that you take some time to prepare by doing the following:

- 1) Please go to the Research Catalogue and study the following expositions, made by members of the NMH RAPP Lab team:

Ellen Ugelvik: The Soloist in Contemporary Piano Concerti:

<https://www.researchcatalogue.net/profile/show-exposition?exposition=31172>

Jennifer Torrence: Percussion Theatre: A Body in Between

<https://www.researchcatalogue.net/profile/show-exposition?exposition=533313>

Morten Qvenild: The Hyper(sonal) Piano Project

<https://www.researchcatalogue.net/profile/show-exposition?exposition=291286>

Ivar Grydeland: Ensemble & Ensemble of Me: What I think about when I think about improvisation

<https://www.researchcatalogue.net/view/402959/402960>

- Do you gain inspiration by looking at these projects?
- How might you relate your own questions about artmaking to how these musicians have worked?
- What questions might you ask them?

We suggest that you write down a few notes as you experience the expositions, to refer to during the Lab, when we will discuss these expositions further.

- 2) To help you frame your thoughts, and to give us all a common frame of reference, please consider the following questions as part of your reflective process:

<i>Critical Reflection as Exploration – pre-Lab</i>		
Observation (pre-phase – ‘infra-red’)	Contemplation	Interrogation
Across the entire field of my artistic practice, where are the areas or issues that feel as if they could be informed or enriched by critical reflection?	Which of these areas or issues, on closer inspection, look(s) most promising from the point of view of benefiting from critical reflection?	Can I formulate a research question which merits extended critical reflection and has some prospect of yielding insights that will inform my artistic practice? Which tools or resources might assist me in this?

Please answer these questions in writing on the page below; you need not write long answers, but it is important that you come to the Lab with some ideas we can work on together. It will also help us to organise the set-up for breakout groups, where common ideas can be shared and developed.

The ‘exploration’ phase is the first part of our model for critical reflection; you’ll experience the parts that follow during the Lab itself.