

Objective 5:

The student should be able to voluntarily produce repetitive and sustained phonations of the vowel /ä/ with relaxed laryngeal musculature.

Exercise 7:

Note to Student:

In this exercise, you will be using your kinesthetic sense to feel relaxed laryngeal muscles, as you produce the vowel /a/. (7A) Take a breath and say /ä/ with relaxed laryngeal muscles. Now try to say /ä/ five times on one breath of air. Check on the paper if you think you successfully repeated the vowel five times without tension. Do this ten times. (7B) Now try to continue saying /ä/ for three seconds on one breath. Stop producing /ä/ if you begin to feel tension. Check on the paper if you were able to successfully sustain /ä/ with relaxation. (7C) Now let's review these activities to be sure you have the skills. I will tell you to either repeat the vowel five times or sustain it for three seconds. Check on the paper if you were able to successfully produce the vowel without tension.

Note to Therapist:

If student is unable to do this activity, attempt with tactile feedback. Do not accept repetitions if student uses hard attack. Loop back to exercise 4 (puffs) if student has problems with breath control. It may be necessary to gradually progress to five repetitions on one breath. If student's production becomes tense during sustained phonation, stop him and call his attention to any differences in feeling. It may be necessary to gradually progress by seconds from short phonation to three seconds of sustained phonation at constant pitch and intensity without tension. 7A and 7B may be interchanged. Criterion should be set on 7A and 7B before progressing to 7C. Intensity and the continuation of voicing should be monitored with the intensity meter or a VU meter. Objectives 5, 6, and 7 have the same target vocal behavior but use three different vowels. It is permissible to change the vowel order if /ō/ or /ü/ is easier for the student to produce with a relaxed voice. However, the student must meet criterion on all three vowels before progressing to Objective 8.

Criterion:

The student demonstrates that he can voluntarily produce repetitive and sustained phonations of /ä/ at constant pitch and intensity with relaxed laryngeal muscles, 80% of the time, and can correctly evaluate his performance using kinesthetic feedback, 60% of the time.

Exercise 7

Name _____

Date _____

Relaxed Production of /ä/

	Student Judgement (+, -)*					Therapist Judgement (+, -)				
	1	2	3	4	5	1	2	3	4	5
7A										
1. ä, ä, ä, ä, ä	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
2. ä, ä, ä, ä, ä	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
3. ä, ä, ä, ä, ä	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
4. ä, ä, ä, ä, ä	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
5. ä, ä, ä, ä, ä	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
6. ä, ä, ä, ä, ä	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
7. ä, ä, ä, ä, ä	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
8. ä, ä, ä, ä, ä	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
9. ä, ä, ä, ä, ä	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
10. ä, ä, ä, ä, ä	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
7B										
1. ä... for 3 seconds	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
2. ä... for 3 seconds	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
3. ä... for 3 seconds	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
4. ä... for 3 seconds	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
5. ä... for 3 seconds	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
6. ä... for 3 seconds	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
7. ä... for 3 seconds	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
8. ä... for 3 seconds	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
9. ä... for 3 seconds	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
10. ä... for 3 seconds	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

	Student					Therapist				
	Judgement (+, -)*					Judgement (+, -)				
	1	2	3	4	5	1	2	3	4	5
7C										
1. ä, ä, ä, ä, ä	—	—	—	—	—	—	—	—	—	—
2. ä, ä, ä, ä, ä	—	—	—	—	—	—	—	—	—	—
3. ä... for 3 seconds	—	—	—	—	—	—	—	—	—	—
4. ä, ä, ä, ä, ä	—	—	—	—	—	—	—	—	—	—
5. ä... for 3 seconds	—	—	—	—	—	—	—	—	—	—
6. ä... for 3 seconds	—	—	—	—	—	—	—	—	—	—
7. ä, ä, ä, ä, ä	—	—	—	—	—	—	—	—	—	—
8. ä... for 3 seconds	—	—	—	—	—	—	—	—	—	—
9. ä... for 3 seconds	—	—	—	—	—	—	—	—	—	—
10. ä, ä, ä, ä, ä	—	—	—	—	—	—	—	—	—	—

* + successful
 - unsuccessful