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How To Make and Send Voice Recordings to your Voice Therapist

Why do I want you to send me recordings of your voice?

- Good Question!

- If we're doing video therapy sessions together, it can be helpful for me to hear your voice as clearly as possible, and that's not always the case when we're working virtually.
- These recordings will make sure I'm not missing anything that might not translate as well when I'm listening to you via virtual voice care
- They help me have as much data as possible to consider when planning how to get you to your goals.
- It can also be helpful for me to hear your voice at the end of a long day, just before a show, or when the problem persists, because, let's be honest, your voice will likely work perfectly when you finally get the opportunity to prove that it's not working!

Set up your Environment

- The space you record in impacts sound quality!

- to make sure we are comparing apples to apples, make sure you use the same room and settings every time you make recordings for your therapist
- find a space with soft carpet, curtains, or bedding to absorb unwanted echos (the closet is great!)
- close the door and move away from doors and windows to minimize unwanted external noises
- turn off the tv, radio, computers, other phones



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Set up your Recording

- Standardize your recordings as best you can!

- keep the same distance from your mouth to the microphone
- iPhone mic: hold your phone's microphone 3 fingers away from your mouth (like "Scout's honour")
- headset mic: position the mic 1" from your mouth
- stand/tabletop mic: measure 6" from your mouth record a sample and listen back to ensure it's clear

How do I sent my recordings?

- Smart phones are pretty good these days!

- you can record them all as one continuous file if you like; but smaller files are easier to send via email
- if you can send recordings as .wav files, great; if not, no worries; I'll take whatever you create!

What do I record?

- All the samples you'll need are below! Keep Scrolling!



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VOICE TASKS FOR RECORDING:

Speaking Voice Tasks:

- say your **name** and **today's date**
- count from **1-10**, then **60-70**, and then **80-90**
- hold the sound "**ah**" as steady as you can in your typical voice for at least **3 seconds**
- hold the sound "**eee**" as steady as you can in your typical voice for at least **3 seconds**
- repeat this **3x**: starting from the middle of your range (where you speak, or where you say "mm hmm") at a medium volume, glide up **as high as you can** on either "**ah**" or "**eee**"
- repeat this **3x**: starting again from the middle of your range, at a medium volume, glide down as **low as you can** on "**ah**"

Sentence Tasks:

Read and Record the following sentences like you're speaking to someone in conversation:

- The blue spot is on the key again.
- How hard did he hug him?
- We were away a year ago.
- We eat eggs every Easter.
- My mama makes lemon jam.
- Peter will keep at the peak.

Singing Tasks:

If you are a singer, record the following:

- sing something that shows me your best singing right now
- sing something that shows me the problem you're having
- describe what you feel and/or hear, and describe what you would like to or think you should feel/hear instead



Reading Tasks:

Choose one of the reading passages below, and read it at your normal speaking volume:

The Caterpillar Passage

Do you like amusement parks? Well, I sure do. To amuse myself, I went twice last spring. My most MEMORABLE moment was riding on the Caterpillar, which is a gigantic rollercoaster high above the ground. When I saw how high the Caterpillar rose into the bright blue sky I knew it was for me. After waiting in line for thirty minutes, I made it to the front where the man measured my height to see if I was tall enough. I gave the man my coins, asked for change, and jumped on the cart. Tick, tick, tick, the Caterpillar climbed slowly up the tracks. It went SO high I could see the parking lot. Boy was I SCARED! VOICE TASKS for RECORDING

The Rainbow Passage

When the sunlight strikes raindrops in the air, they act like a prism and form a rainbow. The rainbow is a division of white light into many beautiful colors. These take the shape of a long round arch, with its path high above, and its two ends apparently beyond the horizon. There is, according to legend, a boiling pot of gold at one end. People look, but no one ever finds it. When a man looks for something beyond his reach, his friends say he is looking for the pot of gold at the end of the rainbow.

Special Voice Tasks:

Record anything else you want me to hear:

- if something is bothering you about your voice that you haven't shown with the recordings above, record whatever else you'd like that will show me what you want me to hear