Keep Your Mind on the Music
Performance Psychology for Six- to Twelve-Year-Old Musicians

Presented by Jyoti Hench, NCTM
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What is performance psychology?
• “A positive approach to studying human performance”¹

I. Summary of Youth Sport Research
• Mastery
• Fun
• Self-esteem
• Mental Skills

What are mental skills?
• Psychological tools or strategies that athletes, musicians, etc. use to improve their performance
• Helpful before, during, and after a performance

¹ Bill Moore, Trust-It Music: Getting Out What Is In You (Workbook used in graduate performance psychology course, University of Oklahoma, Fall 2008), 9.
II. Sample Mental Skills Activities for Six- to Twelve-Year-Old Musicians

• Positive Attitude
  
  o Affirmations

• Relaxation
  
  o “Swimmer Breathing”

• Imagery
  
  o “Comic Strip”

• Concentration/Focus
  
  o “Let’s Make a List”
  
  o “Concentration Station”
**Featured Pieces**

- “Stagecoach Comin’!” by Jon George. From Kaleidoscope Solos Book One (Alfred), p. 3.

**Resources**


