

# **Keep Your Mind on the Music**

## ***Performance Psychology for Six- to Twelve-Year-Old Musicians***

Presented by Jyoti Hensch, NCTM  
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henschpianostudio@gmail.com

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### **What is performance psychology?**

- “A positive approach to studying human performance”<sup>1</sup>

### **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

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<sup>1</sup> 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
  - Affirmations
  
- Relaxation
  - “Swimmer Breathing”
  
- Imagery
  - “Comic Strip”
  
- Concentration/Focus
  - “Let’s Make a List”
  
  - “Concentration Station”

## Featured Pieces

- “Dreaming,” by Elvina Truman Pearce. From *Solo Flight* (Alfred), p. 9.
- “Stagecoach Comin’!” by Jon George. From *Kaleidoscope Solos Book One* (Alfred), p. 3.
- “Downtown Traffic,” by Lynn Freeman Olson. From *My First Keyboard Solos* (Alfred), pp. 22-23.

## Resources

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