

Too many notes (and not enough hours in the day)!

Motivation

- Are our students motivated and invested in their music?
- What motivates the student during a lesson?
- Cultivate motivation – especially in this technology driven world
- How can we as teachers keep them interested during lesson times?
 1. Similarities between music and math
 2. Relate new music terms to language, people, culture, countries on the map
 3. Find out what students read and what music they listen to
 4. Lend out documentary music DVD's followed by a questionnaire
 5. Organize house concerts, Symphony outings
 6. Play and “adjudicate” each other
 7. Invest in duet component

Practice

- Questions we need to ask:
 1. Do we truly believe we still practice effectively?
 2. Are we teaching students *how* to practice?
 3. Have we listened to our students practice (or ourselves)?
 4. Have we tried to record practice sessions and listening back to it?
- Great pianists’ practice regiment is disciplined, focused and specific
- “how much should I practice?” Until you’ve successfully completed what you wanted to work on during that specific practice slot

“Mindless Practice”

- Sport and Performance psychologist Dr. Noa Kageyama (Bulletproof Musician Blog – <http://bulletproofmusician.com>)

- Mindless Practice is problematic:
 1. It's a waste of valuable time – and only “strengthening undesirable habits and errors”
 2. Makes you less confident – having little results is no way to boost confidence. “...we tend to practice unconsciously, and then end up trying to perform consciously – not a great formula for success”
 3. It is tedious and boring – rather know *how* to practice

“Deliberate Practice”

- “Deliberate practice is a **systematic** and **highly structured** activity, which is, for the lack of a better word, *scientific*. Instead of mindless trial and error, it is an **active** and **thoughtful** process of **experimentation** with **clear goals** and **hypotheses**.”
- This slow method of practice makes you **consciously monitoring** your process, cutting real practice time!

5 Keys for Effective Practice

1. Duration – even sessions as short as 15 minutes of deliberate practice
 2. Timing – find the best time of the day when you have the most energy
 3. Goals – have a goal EVERY day
 4. Smarter, not harder – think of different strategies
 5. Problem-solving model:
 - Define the problem
 - Analyze the issues at hand
 - Identify and test certain solutions
 - Implement the best solution
- Patience – slow practice is golden
 - “Building a house”
 - Piano Doctor aka Metronome

Source

“How many hours a day should you practice?” by Dr. Noa Kageyama

<http://www.bulletproofmusician.com/how-many-hours-a-day-should-you-practice/>

SONATINA.

Op. 36, Nº 3.

Spiritoso.

Clementi Sonatina in C Major, Op. 36, No. 3, Schirmer Edition

Define problems	Analyze issues	Identify, test and implement best solution
Steady left hand	Fingering? Position of left hand? Relaxed wrist?	Hands separately at first, best fingering?
Differences between staccato and legato	How short of a staccato?	Imagery of legato and staccato?
Balance between hands	Shaping a melody in the right hand whilst the left hand keeps a steady pulse	Imagine you have \$580 in your right hand and \$1 in your left hand? Listen to the stronger melodic part (rather than telling them to play one hand softer)
Evenness in right hand figure in bar 7	Shaping wrist to the direction of the run	Sequential patterns. Fingering stays the same so that the muscles can learn one pattern
Difficult harmonic skips in bar 10 and 11, crescendo	Interval changes in contrary as well as same direction	Break it up into smaller sections. Tell a story that creates the growing dynamic. Imagery.

