



The Pedagogy of Ted Lasso



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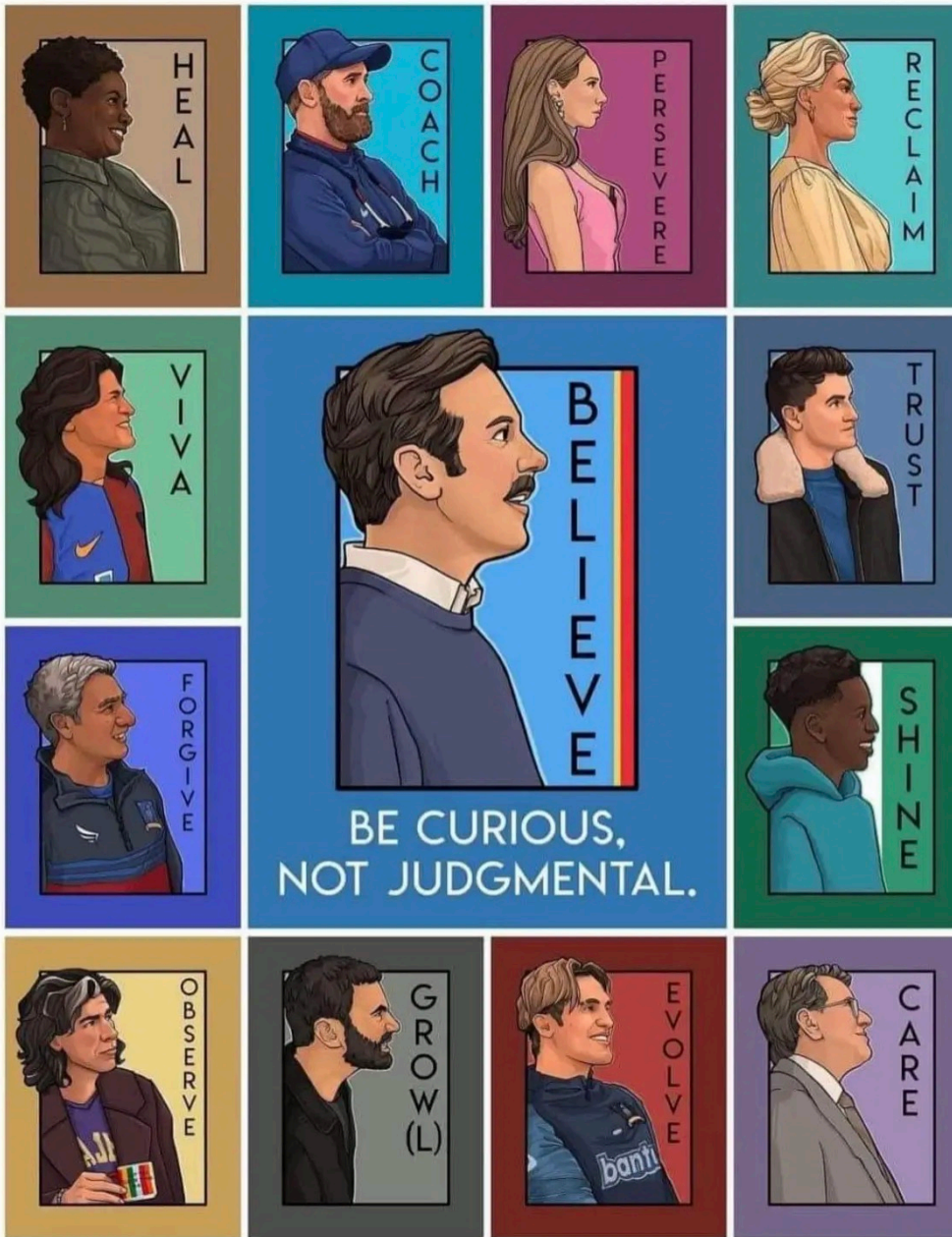
MTNA National Conference
Atlanta, Georgia
Monday, March 18, 2024

Who is Ted Lasso?



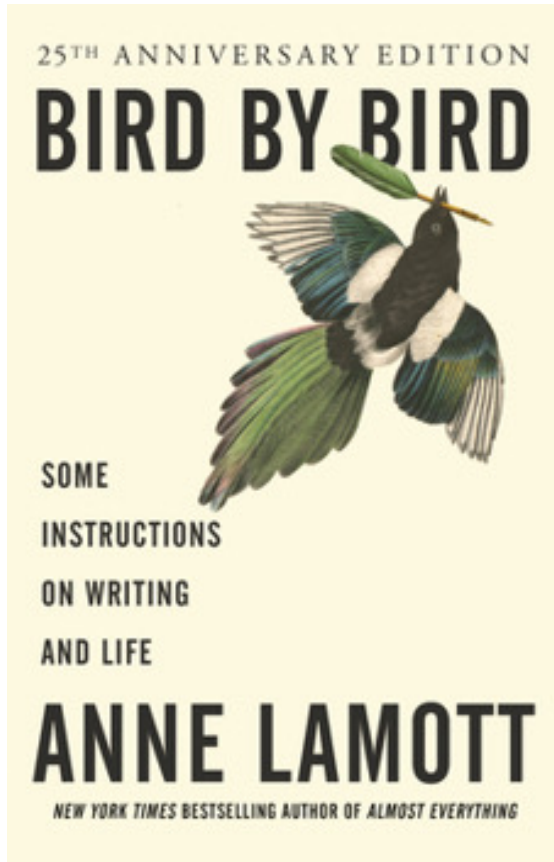






- Bird by Bird
- Be a Goldfish
- I Appreciate You
- Be Curious, Not Judgmental
- Defining Success
- Mindset: Believe

Bird by Bird



- One step at a time. Patience and perseverance.
- Additional quotes / themes from book include:
 - [My father] taught us to be bold and original and to let ourselves make mistakes.
 - ... Make a commitment to finishing things.
 - Hope is a revolutionary process. Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work; you don't give up.
 - Letting yourself trust the process.

Be a Goldfish



Be a Goldfish

Practical Pedagogical Application...

PERFORMER BURGERS*



1. “Perform” piece twice.
Neutrally observe,
without judgment.
2. SLOW PRACTICE:
2x slow for every 1x fast.
 - If/when mind wanders,
STOP and go back to where
you were present.
 - Clear musical intention for
every note.
3. 1-2x at medium tempo
to integrate.

I Appreciate You

Relationships

Connection

Kindness

Empathy

Forgiveness



Be Curious, Not Judgmental

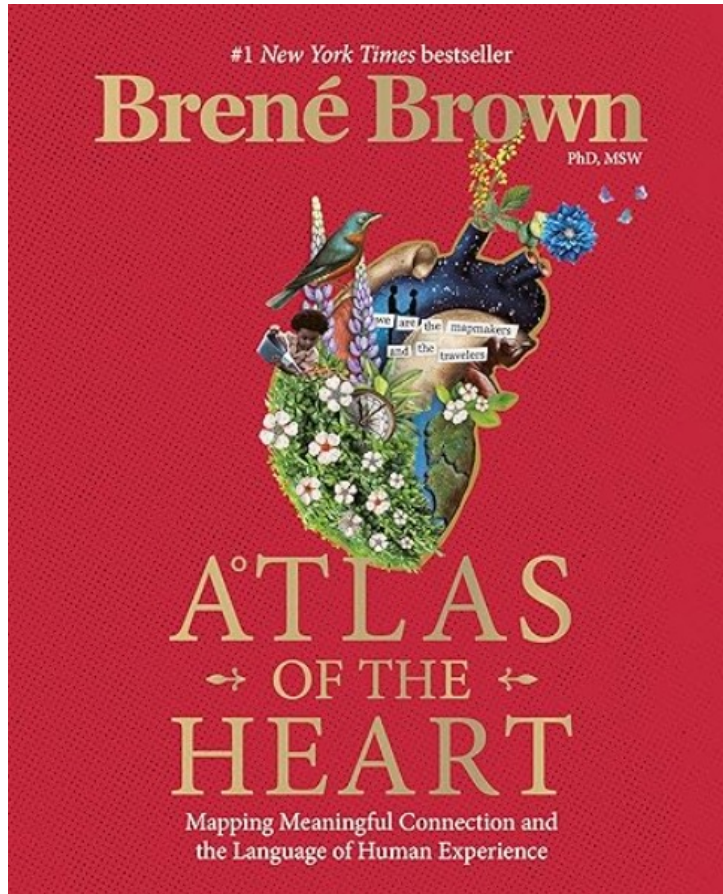
- Learning

- “I’d love that – have my food teach me stuff!”
- Gives books to the team
- Some of the other books that appear:



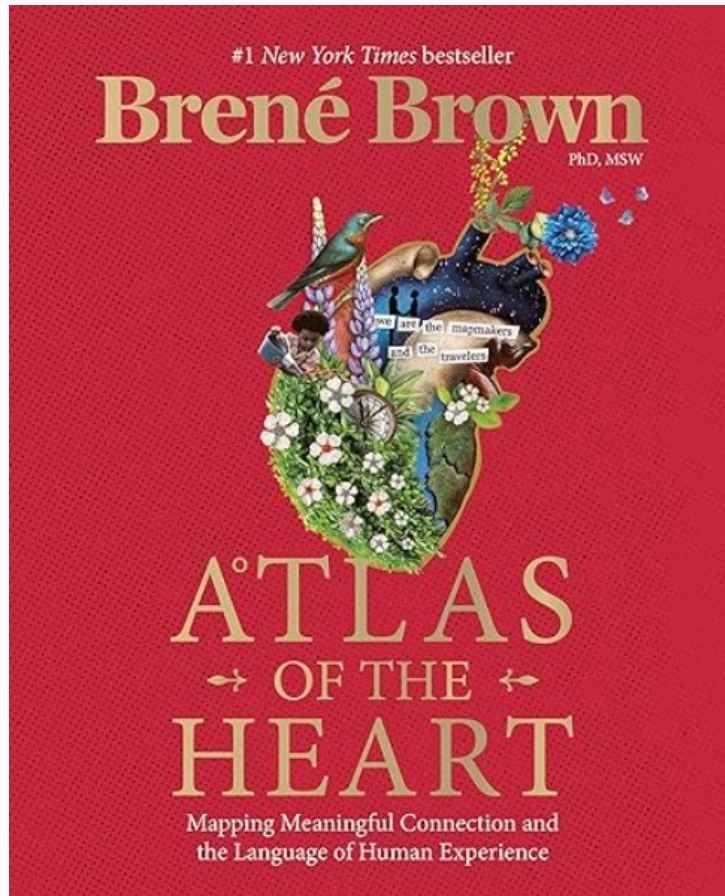
- John Wooden, *Inverting the Pyramid*
- Matthew Syed, *The Greatest: What Sport Teaches Us About Achieving Success*
- Simon Kuper, *Football Against the Enemy*
- Joe McGinniss, *The Miracle of Castel di Sangro*
- Grant Wahl, *The Beckham Experiment*
- Joshua Robinson, *The Club*
- Merlin Sheldrake, *Entangled Life*
- Suzanne Simard, *Finding the Mother Tree*
- James Kirkland, *Friend of the Devil: The Bill Walton Mysteries*
- Haruki Murakami, *Kafka on the Shore*
- Michael Pollan, *How to Change Your Mind*

Be Curious, Not Judgmental



“Curiosity is recognizing a gap in our knowledge about something that interests us, and becoming emotionally and cognitively invested in closing that gap through exploration and learning. Curiosity often starts with interest and can range from mild curiosity to passionate investigation.”

Be Curious, Not Judgmental



“An increasing number of researchers believe that curiosity and knowledge building grow together—the more we know, the more we want to know.

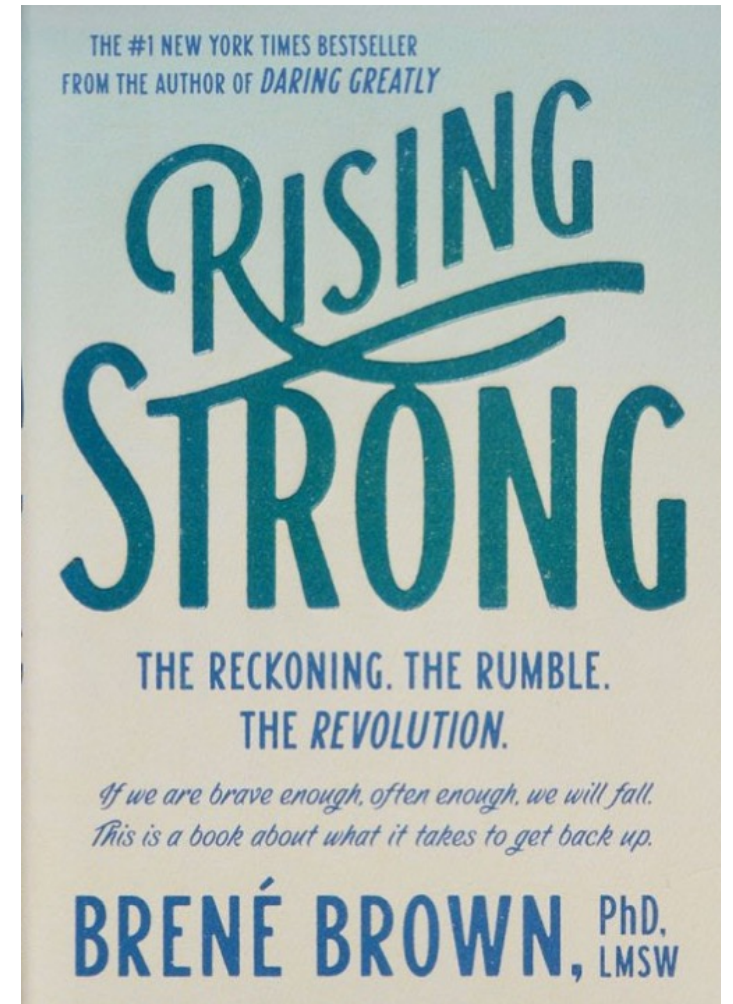
“Einstein said, ‘The important thing is not to stop questioning. Curiosity has its own reason for existence.’

Curiosity’s reason for existing is not simply to be a tool for acquiring knowledge; it reminds us that we’re alive. **Researchers are finding evidence that curiosity is correlated with creativity, intelligence, improved learning and memory, and problem solving.”**

Be Curious, Not Judgmental

... the upside of curiosity outweighs discomfort. A study published in the October 22, 2014, issue of the journal *Neuron* suggests that

the brain's chemistry changes when we become curious, helping us better learn and retain information.



Be Curious, Not Judgmental

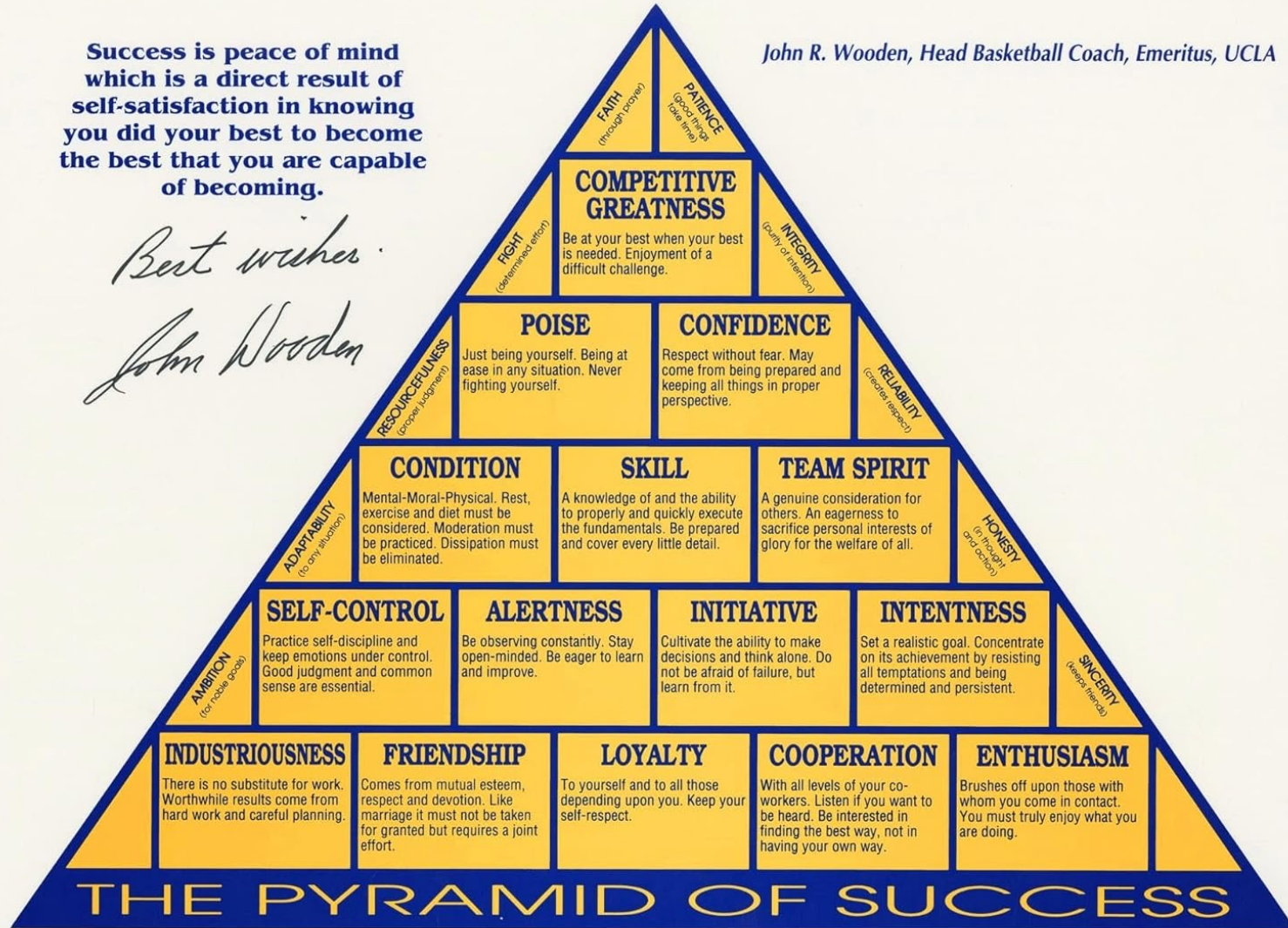


Success

Success is peace of mind
which is a direct result of
self-satisfaction in knowing
you did your best to become
the best that you are capable
of becoming.

John R. Wooden, Head Basketball Coach, Emeritus, UCLA

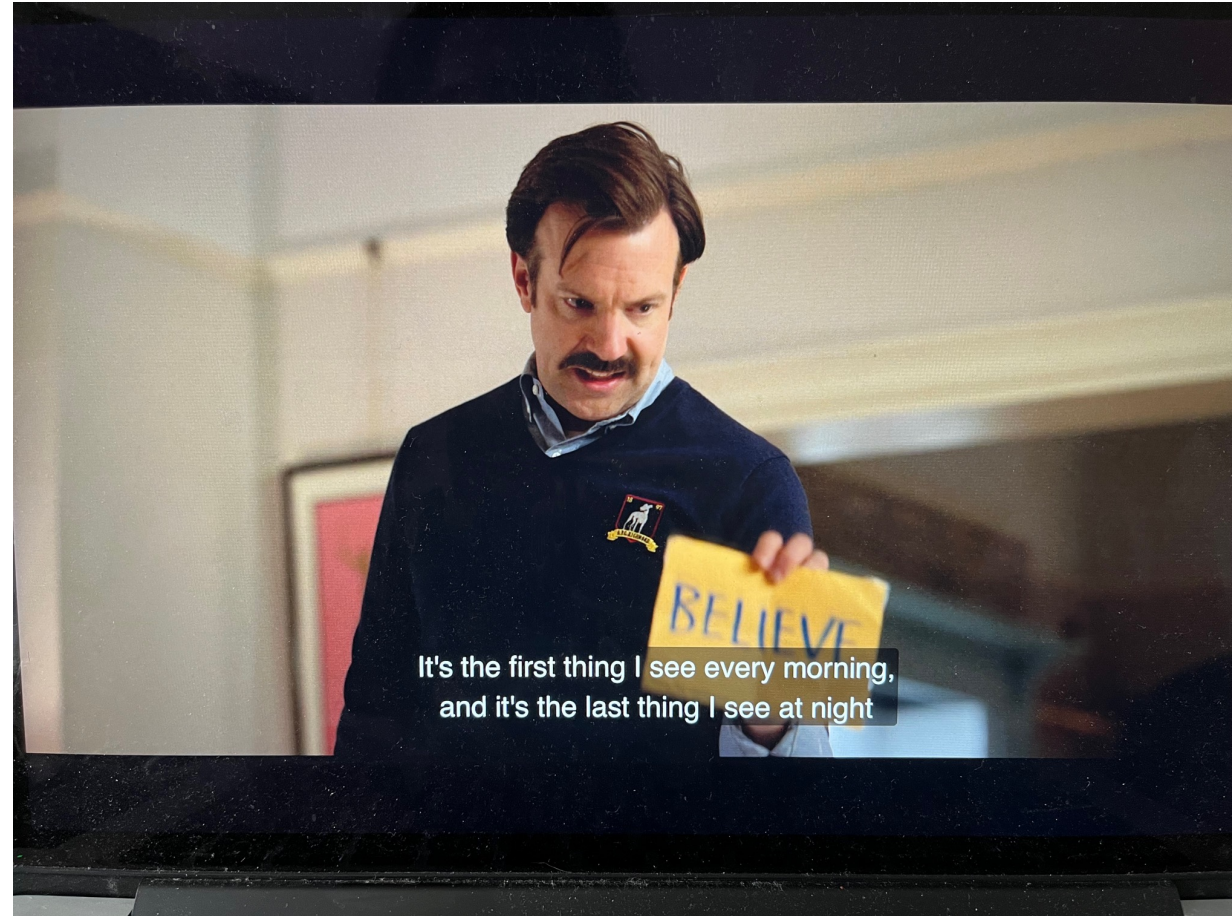
*Best wishes
John Wooden*



Success



Believe



Believe

UPDATED EDITION

CAROL S. DWECK, Ph.D.

mindset

THE NEW PSYCHOLOGY OF SUCCESS

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LEARN TO FULFILL
OUR POTENTIAL

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"Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life."

—BILL GATES, *GatesNotes*

from Alice in Wonderland

Alice laughed. “There's no use trying,” she said.

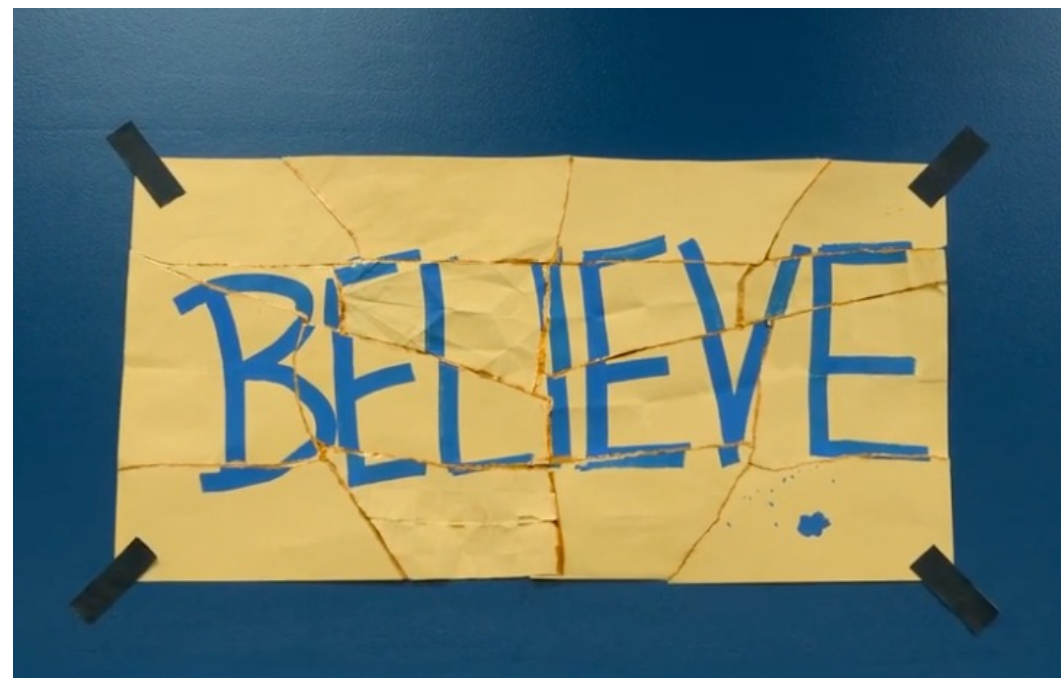
“One can't believe impossible things.”

“I daresay you haven't had much practice,” said the Queen.

“When I was your age, I always did it for half-an-hour a day.

Why, sometimes I've believed as many as six impossible things before breakfast.”

Bonus: Kintsugi



Time for a Group Ussie!



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BELIEVE

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