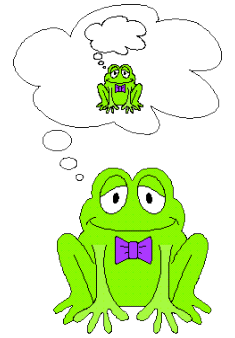


# Learning Music: Practise and Performance

REPETITIO EST MATER STUDIORUM



## What are the keys to successful learning in music?

Essentially, this involves two skill sets.

1. **Skills of the mind.** Is your mindset locked into fixed intelligence mode or growth mode? This is enormously important, as the work of Carol Dweck at Stanford University clearly shows. Other skills of the mind include goal setting, understanding the roots of our motivation, perseverance and metacognitive thinking styles. The good news is we can improve these skills of the mind, and I will show you how. Together we shall learn the ‘software’ of expertise and learn the real reasons behind genius!

2. **Motor skill development.** How many notes per second do you have to play in your pieces? How many muscle movements does this entail, to be activated by your brain? How do you learn this to a point of automation so that the focus remains on the expressive and not the difficult mechanical aspects of the music? The relatively new and wonderful world of neuroscience illuminates the pathway to musical expertise, and how every one of us is capable of extraordinary feats of achievement. Learn how the brain learns and forever more trust in the result of your labour. How is it that the axioms of repetition, chunking and slow practice are both fundamental and essential for almost all learning, and especially - and critically, for music learning?

**Learn** why repetition must continue *after* you play the passage through correctly (don't move on just yet!). **Learn** how to make repetition less boring and more effective. **Learn** the real reason why slow practise makes fast progress. **Learn** how to ‘chunk’ and find

patterns. There is sometimes less to be learned than meets the eye!

In this workshop we also explore different modes of practise and playing: With/without music, with/without instrument. Engaging the imagination and working our whole brain. Indeed, music making is one of the most whole-brain activities we can engage in...if you know how.

Most children have one instrumental lesson per week so they must learn how to learn, and how to teach themselves, for the remaining 6 days of the week. Enter metacognition...

Hence the importance of understanding practise, which I have enjoyed discussing with students, staffs and parents in schools and conferences in more than 20 countries. This is a workshop designed to generate successful outcomes. The aim is that students will practise better and understand why these methods work. Learning will become more enjoyable.

How do students and staff respond to this workshop? Read testimonials [here](#).



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Encouraging independent thinking, reflection, participation and action.

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