

RESOURCES FOR A LIFETIME OF LEARNING

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Internet Resources:

Ear Training: www.musictheory.net

Brain Training apps: www.Luminosity.com; www.brainscale.net

YouTube: videos of organists performing standards works

TECHNIQUES FOR A LIFETIME OF MUSIC MAKING
Dr. Christopher Cook, Presenter

WORKSHOP NOTES

1. My biggest challenges:

2. I can improve my lifestyle by:

3. My practice habits:

4. I can increase my practice efficiency by:

5. My musicianship is limited most by:

6. I can improve my musicianship by:

7. I can sustain my career by getting more support from:

8. My new music-making goals are:
 Short-term:
 Long-term:
 My first steps to reach them will be:

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TECHNIQUES FOR A LIFETIME OF MUSIC MAKING
January Jubilee, Long Beach, 1.26.13
Dr. Christopher Cook, Presenter

PRESENTER OUTLINE

WELCOME :00

OVERVIEW: A time for reflection and renewal

OUTCOMES: A sense of renewal and clear purpose, what I am going to do to nurture, sustain and inspire myself as a musician?

QUESTIONS FOR REFLECTION: What got you started making music?

What is/was your dream as a musician?

HELPING TRIOS: What is the biggest challenge in your current situation? :05

Write Response #1

LECTURETTE: HOW LIFESTYLE CHOICES SUPPORT MUSIC MAKING :12

Longevity: Leading yourself into the future with clear dreams, sense of mission and clear purpose lengthen your capacity to make music.

Vitality: Positive energy generates positive energy—music is a part of the positive energy feedback loop.

Steps toward building and sustaining vitality:

1. Manage stress: reduce self-expectations, marginalize negative/unproductive relationships, eliminate distractions, follow the Serenity Prayer:

*God grant me the serenity
change the things I can;*

*to accept the things
and wisdom to know the difference.*

2. Boost health: exercise, diet, regular spiritual practice

Write Response #2: I can improve my lifestyle by: :20

LECTURETTE: EFFICIENCY/ORGANIZATION :22

Common Practice Flaws: (from *The Practice Revolution*, Johnston)

Apple Polishing—practicing what you already know, ignoring the weak parts

Counting Sheep—repeating a passage without improving it

Speed Demon—full speed ahead covers errors that need to be corrected

Glutton—trying to digest the entire piece, working on everything simultaneously

Drifter—practicing without a clear goal or outcome in mind

Skimmer—quick successes, moving on without mastery, “but it sounded so much better at home”

Clock Watching—belief that time on the bench will lead to improvement, regardless of effort

Autopilots—fingers working, mind daydreaming

Pattern Practice—using the same practice techniques regardless of the needs of the piece you are learning
Starting from the top—but never getting to the place that needs work
Bad Bricklayer—practices in sections but never puts them together meaningfully
Chopping wood with a spoon—using the wrong practice technique for a passage

Write Response #3: My practice habits: :30

Improving Efficiency: stop it!

Write Response #4: I can increase my practice efficiency by:

LECTURETTE: OVERCOMING THE LIMITS TO YOUR MUSICAL SKILLS :35
What are the walls or barriers that block your ability to make music?

Write Response #5: My musicianship is limited most by:

Technical Limitations always have a physical answer.

Usually, it's a silly little thing!

Examples: thumb under in scales, weak or uneven finger weight, locked elbow/wrist in arpeggios, using wrong part of the foot in pedaling, unclear approach to voice leading in counterpoint, confusion in how to perceive and think rhythmically

Solving technical problems: admit the problem, name the problem=solve the problem. Solution is always a physical adjustment. Alexander Technique helpful.

Mental Limitations, the ability to visualize musical structures

Symptoms of mental limitations: being “stuck” to the musical score, getting lost in the music, don't know what is coming next, poor sight reading (note by note literalism), fear of memorization, can't/won't handle lead sheets or figured bass, transposition, avoiding creative challenges (reharmonizations, bridges or modulations between songs, improvisation, etc.), fear of Music Theory!!

Mental Limitations always have an answer from Music Theory.

Music Theory is learning to look at music as a combination of melody, harmony, rhythm and timbre. It develops the ability to understand the structures that organize music and, so, helps us gain insight into how the music works.

Studying music theory helps us gain insight into:

- How melody expresses feeling

- Which notes make up what chords and how they feel in the hand
- Why one chord follows another
- How those chords and the other musical elements connect with what the composer wanted to say (form).
- Gain confidence in knowing what we should be hearing compared with what we *are* hearing
- Developing analytical skill that speeds up the learning process
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Learning Music Theory: Written and Aural Aspects

Developing a plan, finding resources, getting support, committing time, taking small steps, persistence.

Interpretive Limitations always have an “imaginative answer:” boosting your ability to imagine what the music should/could sound like.

Capture the mood/style

Shape the dynamics

Register colorfully

Mold the articulation

Contour the meter

Drive the rhythm

Express the form

(from *The Musician’s Way*, Klickstein)

Write Response #6: I can improve my musicianship by: :53

LECTURETTE: USING RELATIONSHIPS TO SUSTAIN AND GAIN :55

Gaining Support from Others:

Family/Spouse

Collegial: Music Friends and Fellow Staff

Mentor: teacher, coach, spiritual advisor

Community: church, college resources, AGO chapter

Continuing Education: Developing a Plan for a Lifetime of Music Making

- Become a perceptive listener
- Sight read
- Improvise
- Study general music topics
- Feed your artistry (from *The Musician’s Way*, Klickstein)

On-line Resources for Self-help

Write Response #7: I can sustain my career by getting support from:

Write Response #8: My new music-making goals are:

Short-term:

Long-term:

My first steps to reach them will be:

HELPING TRIOS	1:03
Share one or more of your goals with others.	
WRAP UP: SUMMARY OF WORKSHOP	1:10
WORDS OF INSPIRATION AND ENCOURAGEMENT:	
The ultimate support for your career comes from the support you receive when you offer your work up in support of God's purposes, to redeem and renew creation	
OFFER OF HELP	1:15