

AGO 2024 San Francisco

1 July 2024, 11:00

Deliberate practice for the mind and body of the organist

Questions later? Email katelyn.emerson@gmail.com

Goals

- 1) Present factors that support deliberate practice
- 2) Share deliberate practice techniques

Foundational questions

What is the purpose of practice?

What is the relationship between talent, work, and ability?

What is deliberate practice?

Important factors for deliberate practice

Creativity

Attention

Listening

Motivation

Experience

Rest

Smaller-scale practice strategies

- Chunking
 - Play and freeze
 - Use rhythms
 - Think in groups
 - Body positioning and posture
 - Lead with the wrist
 - Work with bigger gestures
 - Dovetail sections
- Use articulations
- Follow the finger/foot
- Realize where you are looking
- Think ahead
- Watch out for rests!
- Move purposefully, not frantically

Both smaller- and larger-scale practice strategies

- Pattern-finding
- Awareness of potential blind spots
- Linking sight, sound, and feel
- Work backwards/irregularly
- Mark meaningfully
- Try a clean score
- Sing
- Change registrations
 - Unbalance registrations
- Transpose by octave (or other)
- Check in with external ears
 - Record yourself
 - Colleagues

Suggestions for further reading (both academic articles and pop psychology)

Chan, T.M.V., Alain, C. (2020). Theories of cognitive aging: a look at potential benefits of music training on the aging brain. In Cuddy, L.L., Belleville, S., Moussard, A. (Eds.), *Music and the aging brain*, (pp. 195-220). Academic Press. DOI: 10.1016/C2018-0-01665-5

Ericsson, K.A., Krampe, R.T., Tesch-Romer, C. (1993). The Role of practice in the acquisition of expert performance. *Psychological Review* 100(3), 363-406. DOI: 10.1037/0033-295X.100.3.363

Ericsson, K.A., Harwell, K.W. (2019). Deliberate Practice and Proposed Limits on the Effects of Practice on the Acquisition of Expert Performance: Why the Original Definition Matters and Recommendations for Future Research. *Frontiers in Psychology* 10(2396). DOI: 10.3389/fpsyg.2019.02396

Halpern, A. (2020). Processing of musical pitch, time, and emotion in older adults. In Cuddy, L.L., Belleville, S., Moussard, A. (Eds.), *Music and the aging brain*, (pp. 43-67). Academic Press. DOI: 10.1016/C2018-0-01665-5

Thomson, P., Jaque, S.V. (2017). *Creativity and the Performing Artist: Behind the Mask*. Academic Press.

Coyle, D. (2009). *The Talent Code: Greatness Isn't Born. It's Grown. Here's How*. Bantam.

Ericsson, A., Pool, R. (2016). *Peak: Secrets from the New Science of Expertise*. Mariner Books.

Grant, A. (2023). *Hidden Potential: The Science of Achieving Greater Things*. Penguin.

Newport, C. (2016). *Deep Work*. Grand Central Publishing.