

# 2022 UGA Piano Pedagogy Symposium Schedule

**Dr. Lesley McAllister, guest presenter**

*All sessions take place in Edge Recital Hall, UGA Hugh Hodgson School of Music*

*(Schedule is subject to change)*

**9:30-10:00 AM**

**Check-in/Registration**

*3rd floor lobby, outside Edge Recital Hall*

**10:00-11:00 AM**

**Welcome**

**Sing, Breathe, Move, and Play: Mindful Movement in Children's Music Classes and Private Lessons**

*Dr. Lesley McAllister (assisted by pre-college students)*

For young children, the practice of yoga provides an opportunity to explore gross motor skills and increase body awareness at a time when the body acts as a sensory receptor for new information. Movement allows children to internalize musical concepts such as rhythm and pitch while increasing their attentiveness and improving postural stability and alignment. This presentation will demonstrate how yoga postures and breath work can be used to reinforce musical concepts and improve technique for the young student.

**11:15-12:00 PM**

**Awareness, Alignment, and Integration: Mindful Movement for Adolescent and Advanced Musicians**

*Dr. Lesley McAllister (assisted by undergraduate students)*

Yoga is primarily about developing awareness: of breath, body, and movement, all of which work in conjunction to create sound in musical performance. In learning to let go of unnecessary tension while practicing mindfulness, yoga provides a safe tool for enhancing musicality while reducing performance anxiety, improving concentration, and increasing the likelihood of achieving a flow state in performance. Grounded in research, this presentation demonstrates yoga postures and pre-performance techniques that have particular benefits to performing musicians.

**12:00-1:30 PM**

**LUNCH**

*Feel free to join us at the UGA Student Dining Hall, a 5-minute walk away*

**1:30-2:15 PM**

**Facing Fear: Anxiety and the Adolescent Student**

*Dr. Lesley McAllister*

Adolescent students today tend to be overscheduled and are also under enormous academic pressure and social pressure due to the ubiquitous nature of social media. Students who learn to be mindful have gained a tool that will help them through any stressful event or personal crisis in their future. In preparing for a performance, finding success even in the face of fear and challenges helps to develop grit. This session will introduce several relaxation techniques and practical strategies to help students learn to counteract anxiety and gain positive experiences in performance.

**2:15-2:30 PM**

**Mini-Recital**

*Featuring UGA student performances*

**2:30-3:30 PM**

**Mini-Sessions**

*Dr. Lesley McAllister*

**Why is my Gifted Student Struggling? Characteristics and Teaching Strategies of the Gifted and Twice Exceptional Student**

Gifted students are often characterized as having asynchronous development, being perfectionistic, and having "intensities" or "overexcitabilities" (OEs). Gifted students with a learning disability such as ADHD, dyslexia, or autism are referred to as "twice exceptional," or 2E. This workshop will cover characteristics of the gifted and 2E student along with information about how these traits might appear in music lessons. Teachers will learn practical strategies for working with these students to keep them motivated and engaged during the lesson.

**Self-Care and Self-Compassion: The Musician's Guidebook**

Popular media has promoted the idea of bubble baths, pedicures, and vacations as being "self-care," but the idea of caring for the self goes far beyond temporary pleasures. Self-critical, perfectionistic, and highly driven musicians often base their value and identity solely on their hard work in the practice room and their success in performance. Self-care involves developing an identity outside of being a musician, setting aside time for introspection and reflection, and developing the skill of self-compassion so that mistakes are not seen as failures but as learning opportunities. With proper nutrition, rest, sleep, and a holistic view of wellness, musicians can improve their performance outside of the practice room and reduce their susceptibility to anxiety and injury.

**3:30-3:45 PM**

**Q+A with Dr. McAllister**