

The Practice of Practice

Midwest Band and Orchestra Conference, 2014

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Presentation Notes

Find the presentation itself as well as many notes, links, and a free printable poster from the book at:

<http://www.sol-ut.com/midwest.html>

Book Reading List

Specifically on Music or Practice

The Practice of Practice (2014), Jonathan Harnum

The Musician's Way: A Guide to Practice, Performance, and Wellness (2009), Gerald Klickstein

Effortless Mastery: Liberating the Master Musician Within (1996), Kenny Werner

The Art of Practicing: A Guide to Making Music From the Heart (1997), Madeline Bruser

The Mastery of Music: Ten Pathways to True Artistry (2003), Barry Green

The Inner Game of Music (1986), Barry Green

The Perfect Wrong Note: Learning to Trust Your Musical Self (2003), William Westney

General

Mindset: The New Psychology of Success (2008), Carol Dweck

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

Situations Matter: Understanding How Context Transforms Your World (2011), Sam Sommers

Outliers: The Story of Success (2008), Malcolm Gladwell

Being Wrong: Adventures in the Margin of Error (2010), Kathryn Schulz

Bounce: Mozart, Federer, Picasso, Beckham, and the Science of Success (2011), Matthew Syed

Selected Practice Research Reading List (continued on back)

Austin, J. (1991). Competitive and non-competitive goal structures: An analysis of motivation and achievement among elementary band students. *Psychology of Music*, 19(2), 142-158.

Austin, J. R., & Vispoel, W. P. (1992). Motivation after failure in school music performance classes: The facilitative effects of strategy attributions. *Bulletin of the Council for Research in Music Education*, 111, 1-23.

Barry, N. H. (1992). The effects of practice strategies, individual differences in cognitive style, and gender upon technical accuracy and musicality of student instrumental performance. *Psychology of Music*, 20(2), 112-123.

Blackwell, L. S., Trzesniewski, K. H., & Dweck, C. S. (2007). Implicit theories of intelligence predict achievement across an adolescent transition: A longitudinal study and an intervention. *Child Development*, 78(1), 246-263.

Chaffin, R., & Imreh, G. (2001). A comparison of practice and self-report as sources of information about the goals of expert practice. *Psychology of Music*, 29, 39-69.

Chaffin, R., & Lemieux, A. F. (2004). General perspectives on achieving musical excellence. In A. Williamson (Ed.), *Musical excellence: Strategies and techniques to enhance performance* (pp. 19-39). London: Oxford University Press.

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Duke, R. A., Simmons, A. L., & Cash, C. D. (2009). It's not how much; it's how: Characteristics of practice behavior and retention of performance skills. *Journal of Research in Music Education*, 56(4), 310-321.

Dweck, C. S. (1986). Motivational processes affecting learning. *American Psychologist*, 41(10), 1040-1048.

Elliot, A. J. (1999). Approach and avoidance motivation and achievement goals. *Educational Psychologist*, 34(3), 169-189.

Ericsson, K. A., & Charness, N. (1999). Expert performance: Its structure and acquisition. In S. Ceci, W. Williams, D. Muir & A. Slater (Eds.), *The nature-nurture debate: The essential readings*. Malden, MA: Blackwell.

Ericsson, K. A., Krampe, R. T., & Tesch-Römer, C. (1993). The role of deliberate practice in the acquisition of expert performance. *Psychological Review*, 100(3), 363-406.

- Fields, D. R. (2005). Myelination: An overlooked mechanism of synaptic plasticity? *Neuroscientist*, 11(6), 528-531.
- Hallam, S. (1995). Professional musicians' orientations to practice: Implications for teaching. *British Journal of Music Education*, 12(1), 3-19.
- Hallam, S. (2002). Musical motivation: Towards a model synthesising the research. *Music Education Research*, 4(2), 225-244.
- Haroutounian, J. (2000). Perspectives of Musical Talent: A study of identification criteria and procedures. *High Ability Studies*, 11(2), 24p.
- Howe, M., & Sloboda, J. (1991). Young musicians' accounts of significant influences in their early lives. 2. Teachers, practising and performing. *British Journal of Music Education*, 8(1), 53-63.
- Jørgensen, H. (2004). Strategies for individual practice. In A. Williamon (Ed.), *Musical Excellence: Strategies and Techniques to Enhance Performance* (pp. 85-103). Oxford, UK: Oxford University Press.
- Lehmann, A. C. (2004). The acquisition of expertise in music: Efficiency of deliberate practice as a moderating variable in accounting for sub-expert performance. In I. Deliège & J. Sloboda (Eds.), *Perception and cognition of music*. East Sussex, UK: Taylor & Francis Group.
- Madsen, C. K. (2004). A 30-year follow-up study of actual applied music practice versus estimated practice. *Journal of Research in Music Education*, 52(1), 77-88.
- Manturzeweska, M. (1990). A biographical study of the life-span development of professional musicians. *Psychology of Music*, 18(2), 112-139.
- Marjoribanks, K., & Mboya, M. (2004). Learning environments, goal orientations, and interest in music. *Journal of Research in Music Education*, 52(2), 155-166.
- McPherson, G. E. (2000). Commitment and practice: Key ingredients for achievement during the early stages of learning a musical instrument. *Bulletin of the Council for Research in Music Education*, 147, 122-127.
- Miksa, P. (2007). Effective practice: An investigation of observed practice behaviors, self-reported practice habits, and the performance achievement of high school wind players. *Journal of Research in Music Education*, 55(4), 359-375.
- Nielsen, S. G. (1999). Learning strategies in instrumental music practice. *British Journal of Music Education*, 16(3), 275-291.
- Nielsen, S. G. (2008). Achievement goals, learning strategies and instrumental performance. *Music Education Research*, 10(2), 235-247.
- Pitts, S., Davidson, J., & McPherson, G. E. (2000). Developing effective practice strategies: Case studies of three young instrumentalists. *Music Education Research*, 2, 45-56.
- Rosenthal, R., Durairaj, M., & Magann, J. (2009). Musicians' descriptions of their expressive musical practice. *Bulletin of the Council for Research in Music Education*, 181.
- Schmidt, C. P. (2005). Relations among motivation, performance achievement, and music experience variables in secondary instrumental music students. *Journal of Research in Music Education*, 53(2), 134-147.
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- Wright, B. A., Sabin, A. T., Zhang, Y., Marrone, N., & Fitzgerald, M. B. (2010). Enhancing perceptual learning by combining practice with periods of additional sensory stimulation. *The Journal of Neuroscience*, 30(38), 12868-12877.
- Zdzinski, S. F. (1992). Relationships among parental involvement, music aptitude, and musical achievement of instrumental music students. *Journal of Research in Music Education*, 40(2), 114-125.
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