

Positive Psychology for Music Students

NYSCAME Oct. 19, 2021

Positive Psychology - The happy secret to better work - *Shawn Achor*

http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work

If you want your students to be work more effectively, raise their happiness levels by working to change the lens they look through.

Both teachers and students can change to a more positive lens through:

1. Optimism
2. Gratitude
3. Mindfulness
4. Journaling
5. Exercise

The Suzuki Method - Lessons we can learn from *Shinichi Suzuki*

Teach with love, be inspired by love, model constantly, and have high expectations.

Training Grit with Optimism and Gratitude -

Angela Duckworth and Pete Carroll- Practice is Everything.

Wynton Marsalis on expert practice - <https://vimeo.com/263171561>

Nurturing a Growth Mindset - *Carol Dweck*

Growth Mindset interventions at The Learner Lab with *Trevor Regan*

thelearnerlab.com

Growth mindset posters and music comics available at

TeachingPositivity.com/resources

Growth Mindset and the Pygmalion Effect

<https://thelearnerlab.com/portfolio/growth-mindset-leadership-the-pygmalion-effect/>

High expectations will lead to improved performance.

Attach the label learner to everyone. "It's the best word." *Robert Rosenthal*

Dr. Laurie Santos – Yale – [Coursera course – The Science of Well-Being](#) –

Incredible Ivy League class available for free!

Materials and a course for HS students are available for free also.

Her podcast, *The Happiness Lab*, is great too.

Connect - How to Win Friends and Influence People – Dale Carnegie

Love, Love, Love - The real answer to how we can become master teachers

Love yourself, Love your students, Love our profession



Installing One Very Small Connection Habit

Inspired by James Clear, Dale Carnegie, and Angela Duckworth

As far as connecting goes, who would you like to be in the classroom?

Pick one area below that would help you become that teacher.

Cultivate positive actions, not just knowledge

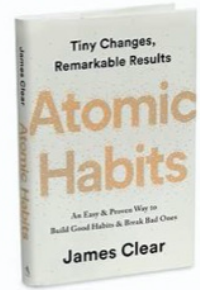
Complain and criticize less

Work to believe that all children are learners and be more optimistic

Work to optimize your energy level so you have the energy to connect

Work to be more grateful

Cultivate a burning desire to optimize your ability to deal with people



- What is one small habit you could install to help you become the teacher you would like to be?

- Is there a way to take that small habit and make it any smaller?

- Now make your new habit stupid small! So small that you cannot fail.

- What time of day is easiest for you to perform your new habit?

- To make it as easy as possible, attach it to an existing habit.

For example,

When the period ends, I will stand by the door, not at my desk

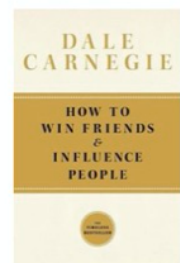
When I take a shower, I will do a breathing meditation for 10 seconds

When I brush my teeth, I will be grateful for one thing

- What reward can you give yourself for performing your habit. It can be something as simple as putting a check on a habit tracker or just smiling at yourself.

- When would you like to start your new habit?

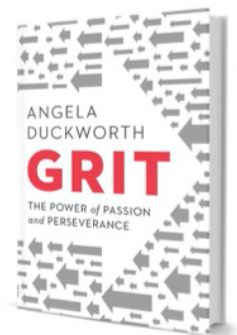
- Congratulate yourself daily on your new habit 🙌🙌🙌 BRAVO! #thatslikeyou



Examples of Tiny Habits

- *Stand in the hallway between classes and smile at one student.*
- *Say hello by name to one child.*
- *Notice when you are complaining. Just notice*
- *Write out your reason for teaching and look at it once a day.*

YOU just made your habit so small that it is almost impossible to fail.



WE ARE
WHAT WE
REPEATEDLY DO.
EXCELLENCE,
THEN, IS NOT
AN ACT, BUT
A HABIT.

Angela

***And remember, we are all human so....
if you do fail, say "Oh Well" and simply start again.***