

The STUDIO NEWSLETTER

Helen R. Weems Piano Studio *** March/April 2022

Tip #35: Preparing for Performance



I am taking a class called Performance Psychology Essentials for Educators. A notable visual in the class dealt with available brainpower vs. the amount of this space used for the task at hand. How do we manage our thoughts when a task is so practiced that it leaves plenty of thinking leftover for trouble, for the student to start cooking novel concerns? A few techniques involve old chestnuts we use here: learning our pieces by hands alone memory, and eyes closed. Another technique is performing A LOT to learn how to control thoughts under pressure. Another great preparation technique is "Anticipatory Auditory Imagery," or mental choreography, where the performer plans minutely what to think about at each juncture of the piece. Yet again, reframing "anxiety" as "excitement" is powerful. Your child will use some of these techniques. If you're further curious, please give me a call!

COVID PIANO NEWS

Here are some changes in the studio as COVID numbers are going down (at least for now!)

1. Masks are still required in the studio, but wear the mask of your choice.
2. Only the student taking a lesson can be in the house, **no waiting**. Please, parents, be in front of the house **a few minutes early** to pick up your child as a courtesy to the student whose lesson is starting; conversely, please don't enter until time for your lesson.
3. **Be alert for a surprise Rep Class** sometime before mid-April. It will be a weekend day, with good weather, and my own availability. That means – have some music ready to play, all the time!
4. **Wash your hands** with soap and water when entering the studio, use Purell on the way out.
5. GCMTA Spring Piano Competition (April 30) and our own Spring Concert (May 1) will be in person, in churches with high ceilings and plenty of space. The plan is all masks.
6. As your comfort level for removing masks develops, please let me know.



**RETURNING TO NORMAL?
NOT QUITE, BUT THIS IS EXCITING!**

Sometime between now and Spring Rep Class: **SURPRISE REP CLASS OUTDOORS!**

Sunday, March 6	online upload	MSMTA Ensemble Comp
Tuesday, March 22	7pm	Movie Night for Adult Students (zoom)
Sunday, March 27	3pm	Dénes Varjon pianist (CCS, HCC)
Sunday, April 3	3pm - ish	Spring Outreach (online?)
Sunday, April 24	3:15 (3:30-5)	Spring Repertoire Class (outdoors!)
Saturday, April 30	all day	GCMTA Spring Competition (1 st Pres)
Sunday, May 1	7:15pm (7:30)	SPRING CONCERT! (Christ Episcopal!!!)
Sunday, May 15	online upload	MSMTA Piano Solo Competition
Friday May 20	online upload	MSMTA High School Exam
Tuesday, June 28	7pm	Adult Student Repertoire
Wednesday, June 29	6pm	MOVIE PIZZA ICE CREAM REP (how?)
Thursday, June 30		END OF STUDIO YEAR

I WILL MISS 1 OR 2 LESSONS IN JUNE. PLEASE SHARE YOUR JUNE PLANS WITH ME ASAP SO THAT WE CAN COORDINATE!