



# Applied Lessons of Self-Determination Theory Research



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Werklund School of Education

L'istesso tempo (♩ = ♩)

A

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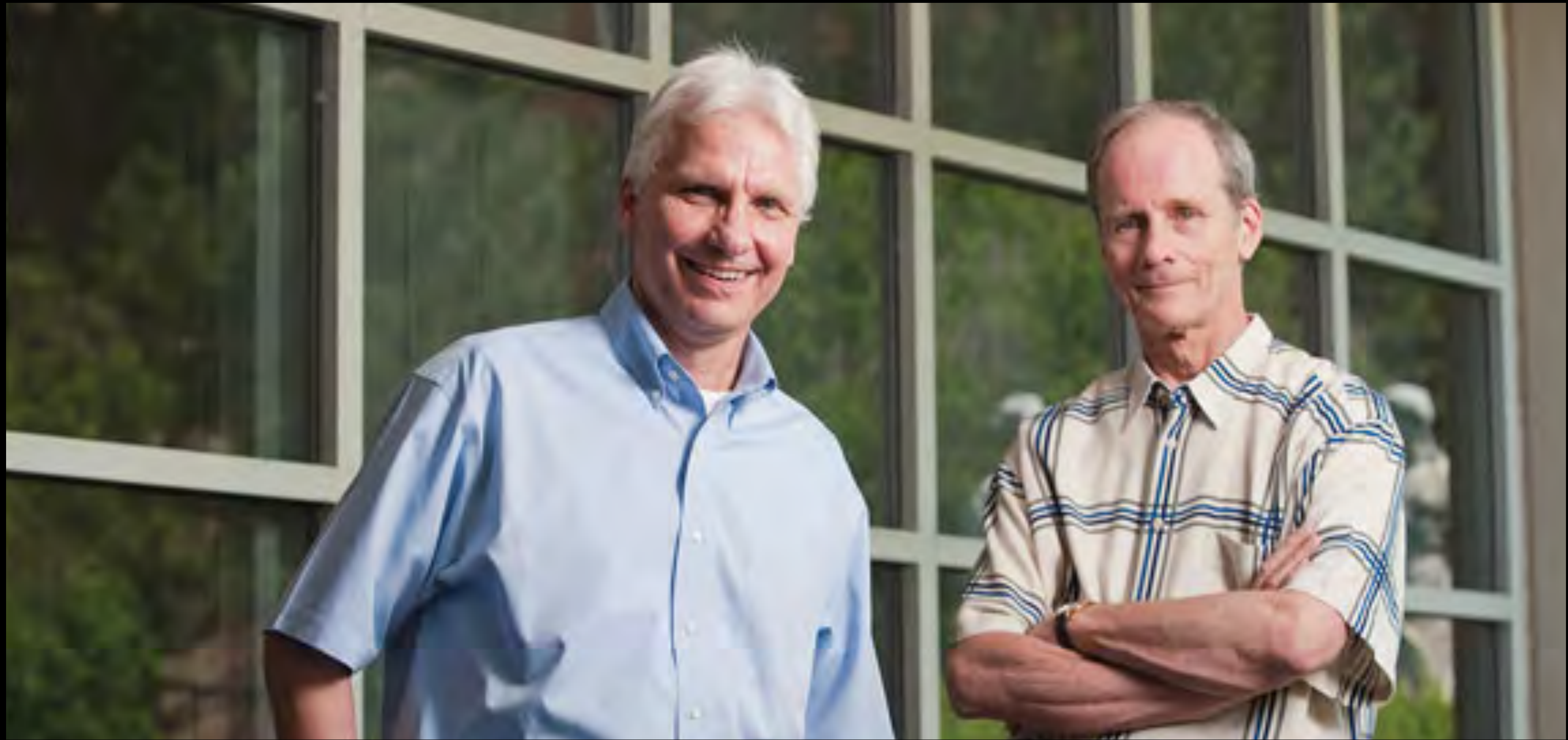
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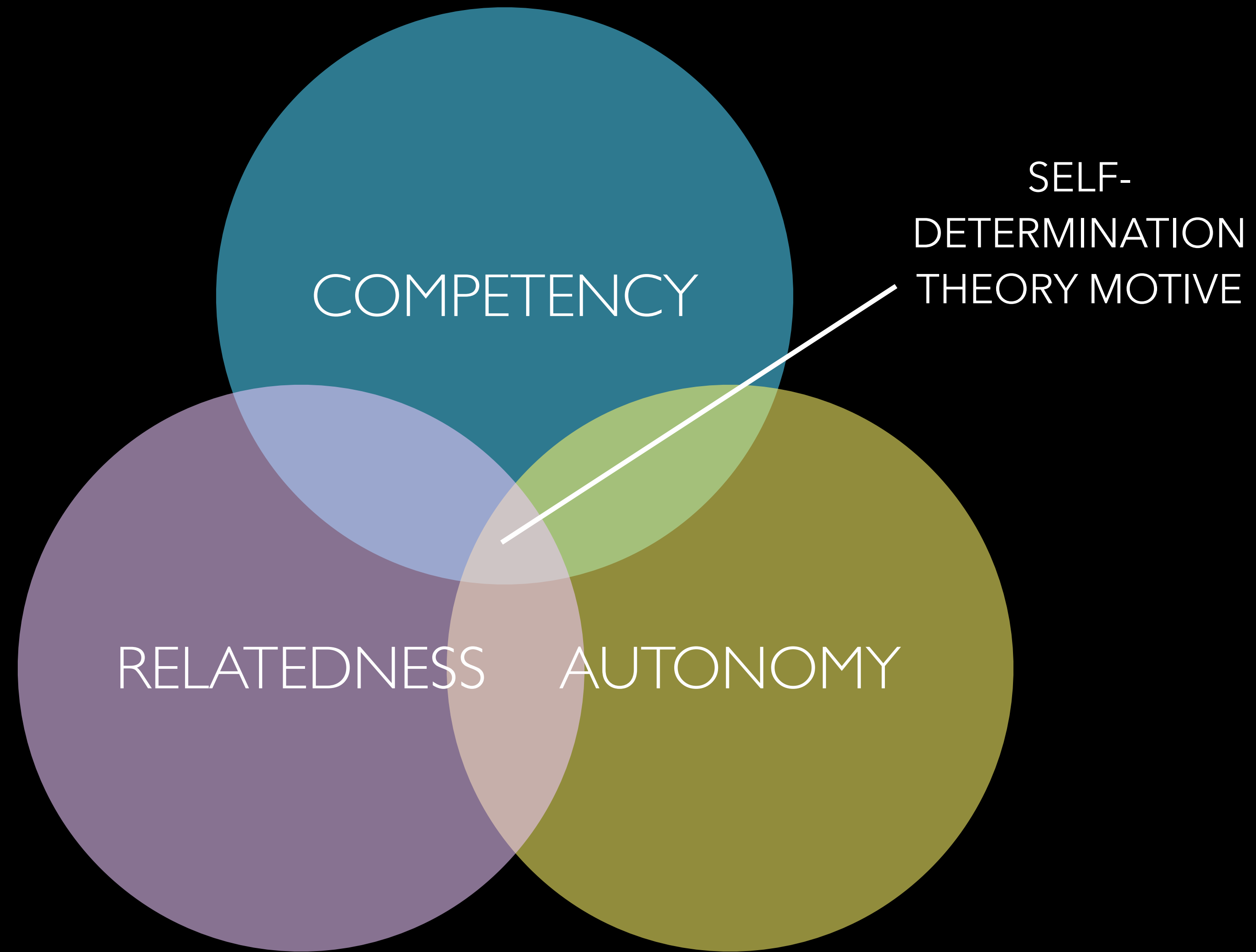
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# SELF-DETERMINATION THEORY

RICHARD RYAN & EDWARD DECI  
UNIVERSITY OF ROCHESTER, NEW YORK





**This is ONE carrot!**



SELF DETERMINATION THEORY'S

# THREE PSYCHOLOGICAL NEEDS



# SELF-DETERMINATION THEORY

## Spectrum of motivation

|                                 | Not Self-Determined                                      |   | ←—————→  |   |  | Self-Determined   |  |
|---------------------------------|--|---|--|---|--|---|--|
| Motivation                      | <b>Amotivation</b>                                       | <b>Extrinsic</b>                              |  |   |  | <b>Intrinsic</b>  |  |
| Regulation                      | Non-Regulation   | External                                      | Introjected  | Identified  | Integrated   | Intrinsic   |  |
| Where does behaviour originate? | Impersonal   | Externally                                    | Somewhat External  | Somewhat Internal   | Internally   | Internally  |  |
| What does this look like?       | Nonvaluing, Inaction, Lack of Control                    | External Rewards and Punishments              | Ego-Involvement, Self-Control                                      | Personal Importance, Conscious Valuing                        | Congruence with Self, Awareness                                  | Interest, Enjoyment, Satisfaction                               |  |
| Example:                        | “I’m not practicing that because I don’t care about it.” | “Practicing this 10 times will earn you \$1.” | “My favourite part of recitals is when the audience claps for me.” | “I know I should play my scales because they’re good for me.” | “I like performing at the seniors’ home; it makes me feel good!” | “I would play the violin all day if I could. I just love this.” |  |

**Motivation:**  
**Relatedness**

# Group Lessons







# Canada 150 Recital

# You Tube Recitals

Certificate of  
**Achievement**

# Practice Parties

Christine Goodner



# Everyday Lives



# Parent Appreciation Afternoons

Especially for parents,  
not students!



# Field Trips

**Opera**  
**Symphony**  
**Music Museum**



# Communication & Community

Fri, Sep 11, 11:08 AM

Hi Tracy - I'm putting in my big book order today. Do you want me to add a Level 7 theory book for Brennan so that you don't have to go to the music store?

Thanks for the offer, but I picked one up the other day. It's thick! Hahaha

Ok! Yes, hefty. We are entering a whole new world...

Read 2020-09-11

Exciting!



iMessage



## January Studio Newsletter

### Winter Recital

Sunday, January 27th - 4:30pm & 6:00pm

Our first recital of the year is quickly approaching and students have all chosen pieces to prepare. This is an important chance for your child to show the world what they have learned so far this year! Recitals can be an exciting performance opportunity, or a source of significant anxiety. If your student is feeling stressed, it is likely because they are worried about making mistakes and feeling unprepared. There is only one way to fix this... practice, practice, practice. Students who are well prepared benefit from the positive feelings of pride and accomplishment after a job well done.

If you have not already signed up for a recital time, please do so as soon as possible. Programs will be prepared specific to each recital. Families are encouraged to bring other family members, siblings, grandparents, friends, and anyone else so long as they are clear on how to be a respectful audience member during the performances. Finally, if each family could bring a small number of cookies, fruit, veggies, or crackers, I will provide drinks and we will have a little reception after each recital.

### Calgary Performing Arts Festival

APRIL 15th through MAY 4th, 2019



This is the largest and best-known performance opportunity of the year. Students who are planning to participate in the CPA Festival should register online at [www.cpafestival.ca](http://www.cpafestival.ca). **The deadline is January 17th.** Please do this early since the festival website is surprisingly difficult to use. In order to register, you will need the following:

- Login/Account Information
- Composers of pieces
- Class Number (5 digits)
- Titles of pieces
- Timings of pieces
- Teacher Number: X9XHO0A2

If you have problems, please see the 'How to Register' PDF file under Festival Information, or phone me. The final schedule will be released approximately 3 weeks before festival begins, but be prepared that most classes are held during school/work hours. Although this is a competitive festival, it is important that students understand that winning is *not* the main point... learning from adjudicator feedback and working towards a goal is the point.

|  |  |   |
|--|--|---|
| <b>1</b><br>Next Group Lessons<br>Saturday,<br>January 5th | <b>2</b><br>CPA Festival<br>Deadline<br>January 17th | <b>3</b><br>Winter Recital<br>Sunday, January 27th<br>4:30 & 6:00 |
|--|--|---|

# Relationships





**Motivation:**  
**Competency**

# Practice Challenges

gerelus music



| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   | 6   | 7   |
| 8   | 9   | 10  | 11  | 12  | 13  | 14  |
| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| 29  | 30  |     |     |     |     |     |

PiaNOvember

Practice every day during the month of November!

Rules for Participation

Practicing means at least one of these things:

- Playing the piano (for minimum of 1 minute)
- Listening to your piano pieces on a CD, Youtube, or iTunes
- Doing written theory homework

You are allowed to have one, free missed day during the month.

Colour in, check off, or put a sticker on the calendar once you have practiced.

Students who complete the entire month will be rewarded with cool stuff from the studio treasure box!

# Practice Challenges

2020

NAME: \_\_\_\_\_

## WINTER BREAK BINGO

**B I N G O**

|  |  |  |  |  |
|--|--|--|--|--|
| Give a piano concert for your family   | Write down what it means to be a <i>musician</i>           | Take a 10-second video of you playing and text/email to Karen                        | Listen to your newest piece 10 times on repeat             | Look at your music for 5 minutes while sitting on your couch.  |
| Tell someone what your favourite thing about playing the piano is  | Teach your mom or dad how to play one of your pieces       | Play through all the pieces you learned in 2020                                      | Write down 3 Piano New Years' Resolutions for 2021         | Practice piano two times in one day  |
| Practice piano 10 days in a row<br><small>(minimum 2 minutes each time)</small>                                  | Perform for friends/family far away over Skype or Facetime |  | Learn any Christmas song by ear                            | Write down how playing the piano will help you in the future   |
| Write down a question you have about music   | Use the metronome for every piece during one practice      | Thank your mom or dad for helping you with music                                     | Invent 3 <i>challenges</i> for one of your pieces          | Watch any Youtube video of Beatrice Rana playing the piano<br><small>(write title on the back of this sheet)</small> |
| Watch any Youtube video of Lang Lang playing the piano<br><small>(write title on the back of this sheet)</small> | Practice before your parent asks you to                    | Write down your favourite piano memory from 2020                                     | Tell your mom or dad something they don't know about music | Work ahead: start learning a new piece on your own   |

Rules and awards: This sheet is due back at your first lesson in January. Completing one row earns you one chocolate. Completing the entire BINGO earns you a special prize from the treasure box!

# Practice Challenges



\$\$\$ MUSIC MONEY \$\$\$



## Payout List

"You can only get out what you put in."

**\$1**

- Attend your piano lesson

**\$5**

- Accomplish your goals for the week
- Listen to your pieces on a CD or Youtube

**\$10**

- Teach your mom/dad/sibling/friend how to play a piece
- Perform a house concert for your family

**\$20**

- Play your piece with expression & by memory
- Tell your teacher something she doesn't know about music

**\$50**

- Perform in a recital, talent show, or music festival
- Work ahead in your book; do extra beyond what was assigned
- Invent a storyline for your piece, complete with pictures & characters

**\$100**

- Have your piano tuned
- Attend a professional music concert
- Compose your own piece (minimum 1 page)
- Upload your expert piano performance to YouTube

**\$1,000,000**

- Upgrade your instrument: buy a new piano!

# Events

**Bonus recitals**

**Festivals**

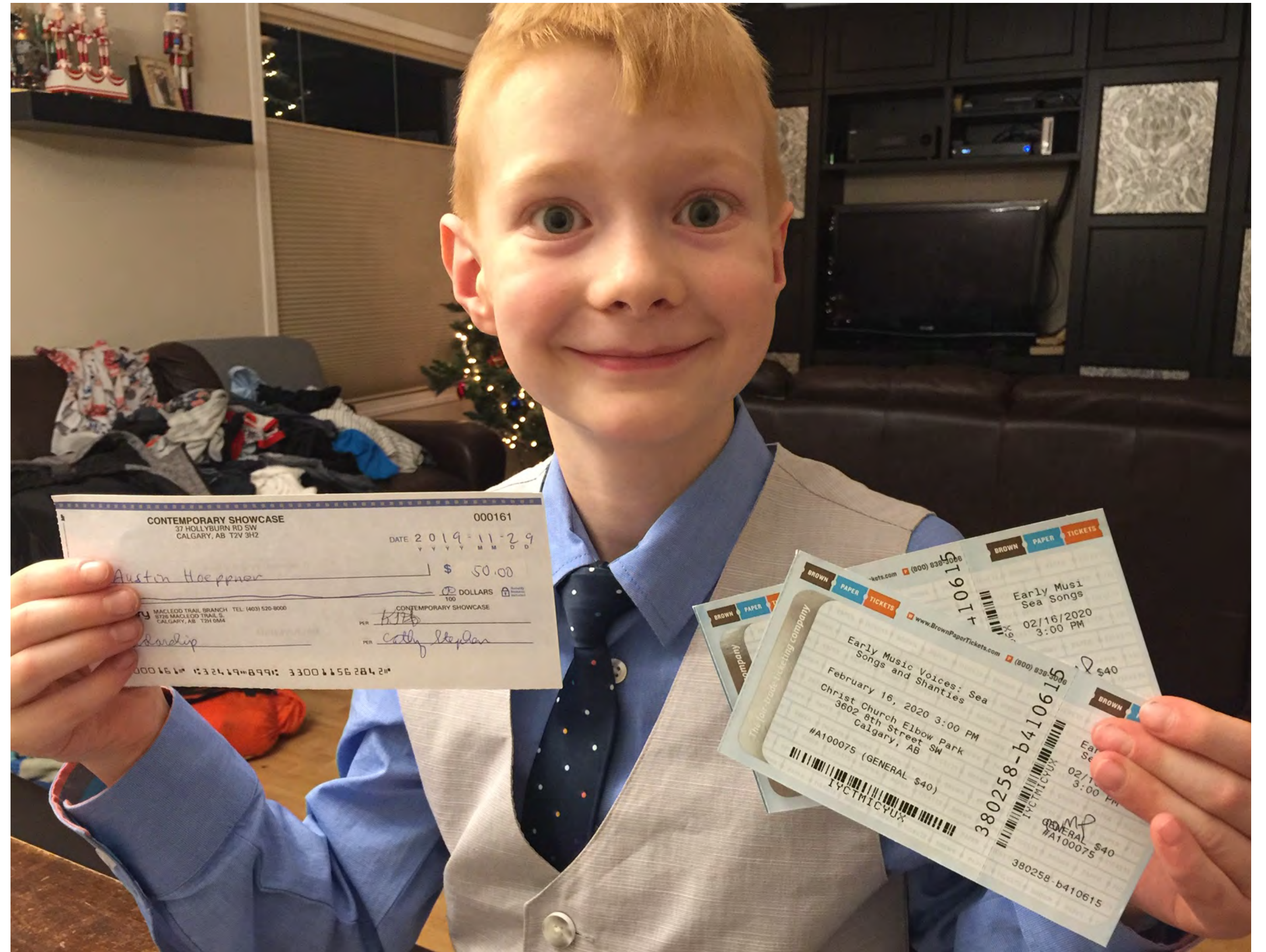
**Exams**

**Talent Shows**



# Awards & Prizes

Used as confirmation of competency



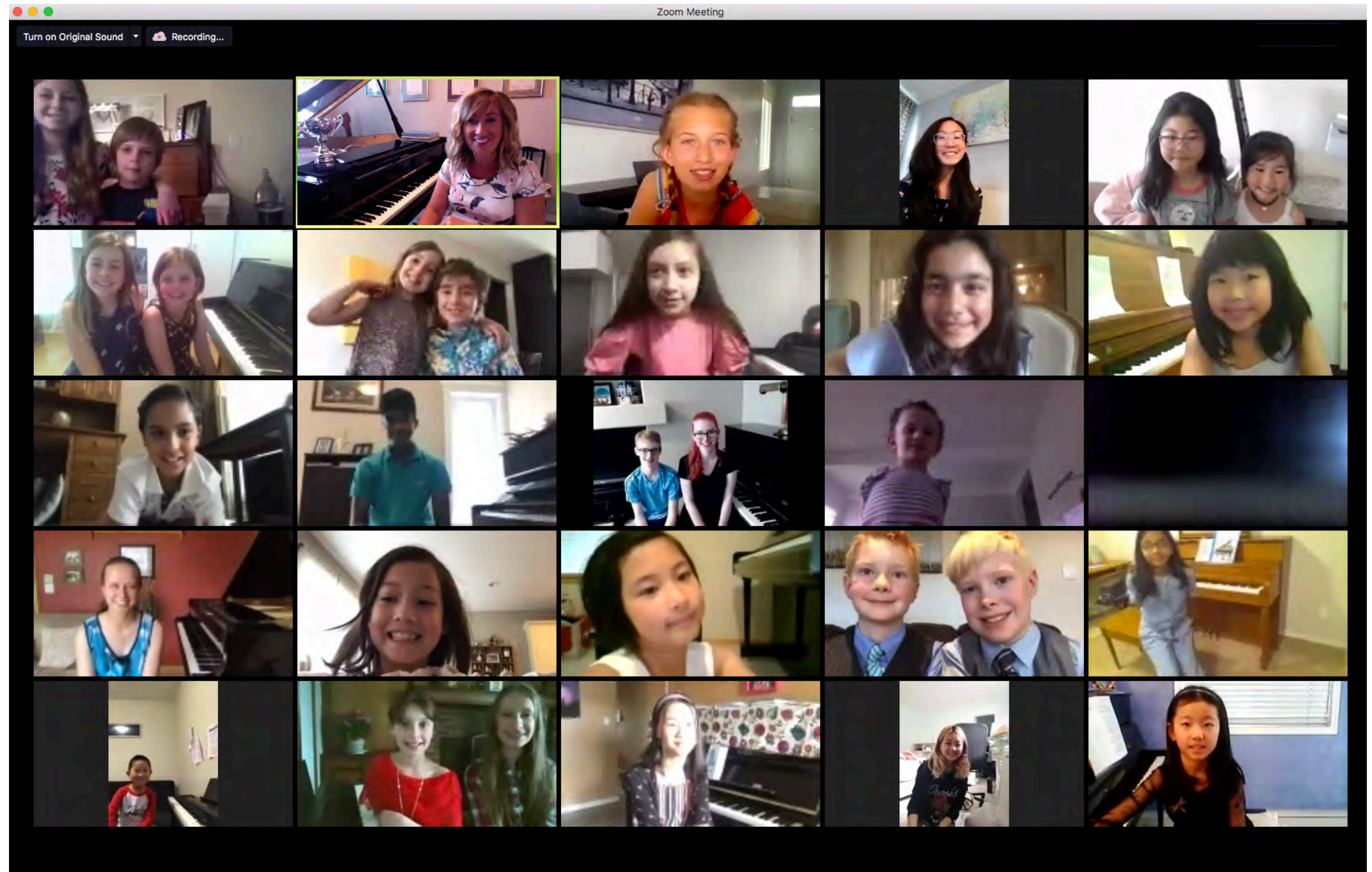



# Spring Recital

Sunday, June 21 - 1PM

ZOOM Meeting ID: 815 9547 4493

Password: 044434





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## SPRING RECITAL COMPLIMENT CARD

Please fill out the back side of this card with the **name** of the performer, their **piece**, and everything you **loved** about it! Be sure to hand it to them directly once the recital is finished.

IG @gerelusmusic  
#gmspringrecital



**Motivation:**  
**Autonomy**

# Repertoire Choices

## BOHEMIAN RHAPSODY

as performed on GLEE

1

Words and Music by  
FREDDIE MERCURY

Slowly

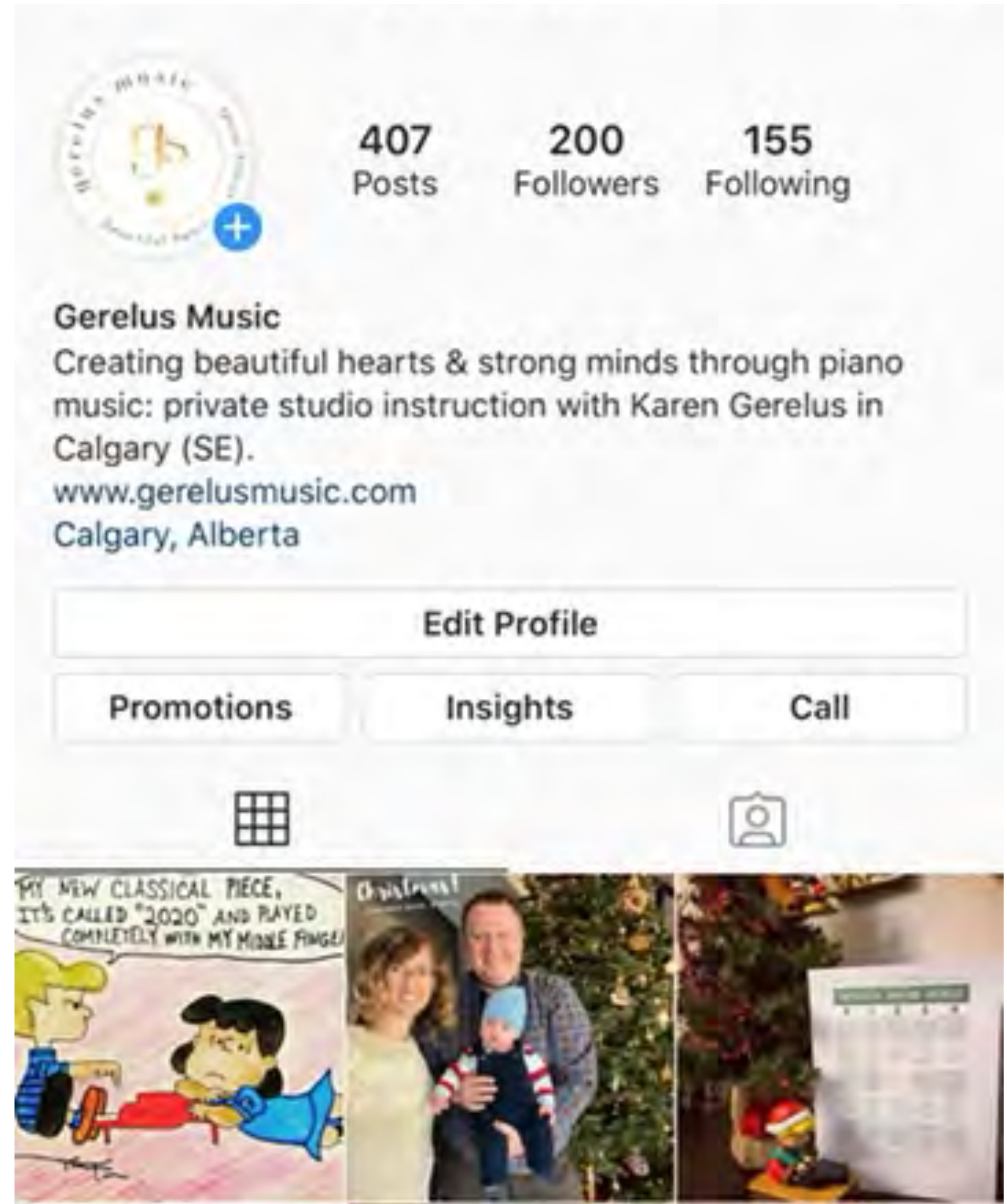
Musical notation for the first system of 'Bohemian Rhapsody'. It features a vocal line and a piano accompaniment. The key signature is B-flat major (two flats). The time signature is 4/4. The tempo is marked 'Slowly'. The piano part starts with a mezzo-forte (*mf*) dynamic. Chord diagrams are provided above the vocal line: Bb6, C7, Bb6 C7, F7, Cm7, and F7. The lyrics are: 'Is this the real life? Is this just fan - ta - sy? Caught in a land - slide, No es -'

Musical notation for the second system of 'Bohemian Rhapsody'. It features a vocal line and a piano accompaniment. The key signature is B-flat major (two flats). The time signature is 4/4. Chord diagrams are provided above the vocal line: Bb, Cm7, Bb, Gm, and Bb7. The lyrics are: 'cape from re - al - i - ty. O - pen your eyes, — Look up to the skies — and'

Musical notation for the third system of 'Bohemian Rhapsody'. It features a vocal line and a piano accompaniment. The key signature is B-flat major (two flats). The time signature is 4/4. Chord diagrams are provided above the vocal line: Eb, Cm, and F7. The lyrics are: 'see, I'm just a poor boy, I need no sym - pa - thy, Be-cause I'm'

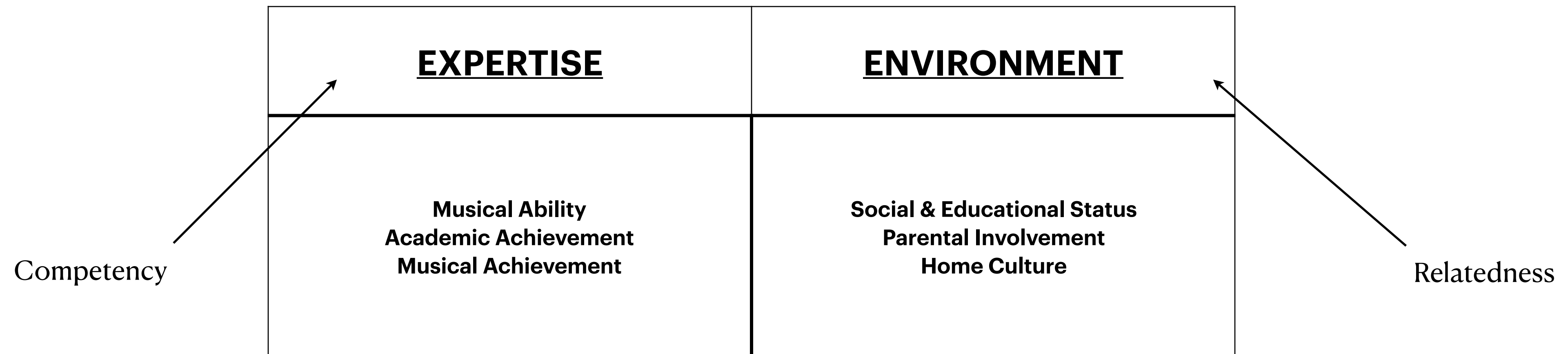
# Social Media

Instagram  
Facebook  
Tik Tok  
Snapchat



# Predictors

## of Piano Student Dropouts



# Predictors Preview Survey

www.gerelusmusic.com

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[WELCOME](#) [PHILOSOPHY](#) [ABOUT](#) [ACADEMICS](#) [RESOURCES](#) [FAQ](#) [BLOG](#) [CONTACT](#)

## New Student Questionnaire

Hello Piano Parent,

Thank you for taking the time to fill out this important survey! The more detail you can provide throughout will help us discover if piano lessons are a good fit for your child and if I am the best teacher for them.

Part of my role as a private studio teacher is to make sure that every student has the best possible learning experience. However, I acknowledge that I may not be the best teacher for every child. My studio prides itself in being an active and dynamic learning environment, involved in the wider music community, and has an enthusiasm for sharing our music with others. In other words, my studio operates more of an immersion-based program where music happens in the studio, at home, or in the community on a daily basis.

I ask a great deal of dedication from my students, and have higher expectations than most teachers. But, I would not ask this level of commitment if I didn't think it was valuable. In a sense, I am not telling you it's going to be easy but I am telling you it's going to be worth it.

What sorts of music do you listen to at home? \*

- Pop & Top 40
- Rock / Metal
- Country
- Jazz & Blues
- Classical & Instrumental
- Reggae & World Music
- Choral or Opera
- Hip Hop / Rap
- Techno / Electronic
- None
- Other

What kind of piano do you have? Where is it in your house?

Are there any medically diagnosed matters {ie. allergies, learning disabilities} that a teacher might need to know about?

What are other hobbies or activities your child is involved in?

Why does your child want to take piano lessons? {You can ask them to complete this question}

Musical score for the first system. The guitar part includes chords Bb7, Eb, and Gm/D. The piano part features a melody with sixteenth notes and a bass line with dotted notes. The key signature has two flats, and the time signature is 4/4.

# Questions?

Musical score for the second system. The guitar part includes chords Cm, Fm, Db, Db/Cb, and Bbm. The piano part continues the melody and bass line from the first system. The key signature has two flats, and the time signature is 4/4.

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Werklund School of Education

L'istesso tempo (♩ = ♩)

Guitar chord diagrams for the third system, including chords A, D/A, and Adim. The piano part continues the melody and bass line from the previous systems. The key signature has two flats, and the time signature is 4/4.