

# Motivation, Mindset, and Grit: Fostering a Culture of Excellence

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What is motivation?

Intrinsic vs. Extrinsic Motivation

Implicit Theory of Intelligence | Mindset Theory (Carol Dweck)

Fixed Mindset (Entity Theory)

Growth Mindset (Incremental Theory)

What is grit?

Strategies To Fuel Growth Mindsets and Grit?

The Power and Pitfalls of Praise

## Self-Determination Theory (Edward Deci and Richard Ryan)

### 1. Autonomy

Repertoire

### 2. Competence

Deliberate Practice (Anderson Ericsson)

- A. Clearly defined stretch goal
- B. Full concentration, focus, effort
- C. Seek immediate and informative feedback
- D. Repeat with reflection with the goal of refinement

SMART Goals

- S**pecific
- M**easurable
- A**chievable
- R**elevant
- T**imely

Additional Goal Setting Tips

What is Metacognition?

### 3. Relatedness/Purpose

Purpose-Driven Practice

The Parental Role

Wise Parenting = Supportive + Demanding

The Three E's

- Engage
- Educate
- Encourage

## Self-Determination Teaching Guideposts

- What measure of autonomy am I providing my students? Examples: repertoire choices, choice in the order of the lesson, letting the student teach you something, etc.
- How do the learning tasks and weekly practice assignments and projects promote mastery and confidence? Are they framed in a novel and engaging fashion?
- Have I lead my students to understand the purpose of the assignment? Does this assignment have purpose and relevance?
- Is there a sense of community in my studio? Conduct a relationship assessment between you and your students.

## Metacognitive Survey for Students

- Describe a time you felt frustrated learning something new.
- What do you do when you don't understand something?
- How do you connect information to things you already know (transfer)?
- Describe the feeling of learning something new.
- What felt confusing about what you learned today?
- Did you have any challenges in today's learning? How did you overcome the challenge?
- What could you have done better to improve your learning today?

**Coaching a Growth Mindset**

**5 Questions to Develop a Growth Mindset**

- What did you learn from today's performance?
- What steps did you take to make you successful today?
- What are some different strategies you could have used?
- How did you keep going when things got tough?
- What can you learn from your opponent today?

**5 Feedback Comments to Develop a Growth Mindset**

- This will be a challenging concept to learn, but I believe you can master it
- You haven't got it yet, but you will if you keep working and thinking about it
- I really appreciated your effort today
- It is okay to take risks, that's how we learn
- Getting better takes time and I see you improving

@BelievePHQ @SportPsychDunc

## Resources

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#### **Web Resources**

- <https://biglifejournal.com/>
- [www.thecuriouspianoteachers.org](http://www.thecuriouspianoteachers.org)
- [www.teachpianotoday.com](http://www.teachpianotoday.com)
- [www.88pianokeys.me](http://www.88pianokeys.me)
- [www.colorinmypiano.com](http://www.colorinmypiano.com)
- [www.susanparadis.com](http://www.susanparadis.com)
- [www.suzukiassociation.org](http://www.suzukiassociation.org)
- [www.youlovepiano.com/blog](http://www.youlovepiano.com/blog)

#### **Practice Apps or Online Notebooks**

Collabra: <http://collabramusic.com>

Practica: <http://www.practica.com>

Cadenza: <https://www.cadenzamusictool.ca>

Additional Notes: