Building a Foundation for Growth

A Vision of Lifelong Learning for Young Teachers

Kathleen Noel Bowman, presenter

QUESTIONS FOR CONSIDERATION & APPLICATION

Set aside some uninterrupted time to reflect, think, dream, and plan.

1. In what ways can you positively direct or re-direct your professional development? Are you on a trajectory of lifelong learning?

2. Where could your personal artistry expand or develop? What steps could you take to expand yourself artistically?

3. Where do you need to grow and develop in your teaching? Do you need to take a course, class, or pursue a mentoring relationship?

4. How could you develop a skill or area of expertise that could assist you in the challenges that you face?

5. What is one challenging, but attainable goal for yourself for this year? What is one thing that you can pursue and focus on developing?

6. Do you have a strong vision of where you want to end up? What characteristics or qualities do you want to define you when you are 30, 40, 60 and beyond?

CREATING OPPORTUNITIES FOR YOUR PROFESSIONAL DEVELOPMENT

1. Consider how to take advantage of what is available to you
    - Pursue courses that are offered by the SAA
    - Take a SPA or Practicum course
    - Apply for an SAA scholarship to assist you financially
    - Attend conferences
    - Observe fantastic performances by great artists on YouTube [free!]

2. Take classes to expand yourself
    - Dalcroze
    - Brain Gym
    - Music Mind Games
    - A Child Development class
    - Business, accounting, or marketing class [if you manage your own studio]

3. Create courses that fit your curiosity or needs
    - Create a masterclass/pedagogy course outside of formal SAA training
    - Set up a Suzuki book review class with a specific teacher trainer

4. Develop yourself as an artist
    - Take lessons either via Skype or in person
    - Plan a recital to encourage your practicing or to encourage you to learn new repertoire
    - Set-up chamber music reading nights with local colleagues
    - Create a chamber music program and performance
    - Work with an Alexander Technique master
    - Attend great concerts
    - Practice consistently
    - Attend a practice camp for yourself [see Burton Kaplan's practice camps]
    - Enroll in a jazz or improvisation workshop

5. Read
    - Seek to know the literature in your field | Use the library or build your own
    - Pursue knowledge in areas that would support your growth, your understanding of human development, habit formation, how children learn, classroom management, parenting, sports psychology, running your own business, etc.

6. Pursue relationships that foster growth
    - Set-up a monthly online meeting for professional development with colleagues
    - Offer to lead a discussion of a book or present for a local Suzuki chapter meeting
    - Offer to take a mentor out to lunch
    - Ask a mentor to observe you teach or provide feedback for your students
    - Seek feedback on your studio effectiveness
    - Observe as often as you can, as many great teachers as you can
    - Observe great teachers outside of formal SAA teacher training courses

7. Nurture yourself
    - Do you need to spend time reading, exercising, pursuing balance?
    - Consider ways to broaden yourself
    - Consider ways to lighten your work load, if necessary
    - Visit an art museums, take an art class, an acting class, be creative!

ADDITIONAL WRITTEN RESOURCES

MindTools Website [www.mindtools.com] is a helpful site for personal and professional development. It provides resources to help you learn about and develop various leadership and business skills. One resource that is excellent is a SWAT analysis form. This form helps you consider your strengths and weaknesses, either used personally or for your business.

Personal Growth

Maxwell, John C. *Talent is Never Enough.*Thomas Nelson, 2007.
Maxwell, John C. *15 Invaluable Laws to Growth: Live Them and Reach Your Potential*. Grand Central Publishers, 2012.

Creative Growth

Cameron, Julia. *The Artist Way: A Spiritual Path to Higher Creativity*. Putnam, 2002.

Personal effectiveness

Covey, Stephen R. *7 Habits of Highly Effective People*. DC Books, 2005.