Cultivating Beautiful Hearts in the Face of Adversity

Dr. Whitney Kelley, presenter
SAA Conference, Minneapolis, MN
2014

"Teaching music is not my main purpose. I want to make good citizens. If children hear fine music from the day of their birth and learn to play it, they develop sensitivity, discipline and endurance. They get a beautiful heart."
– Shinichi Suzuki

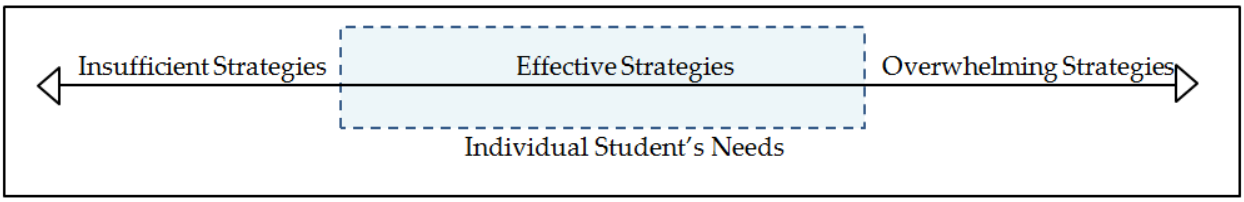
"In the middle of difficulty lies opportunity." – Albert Einstein

Resilience: The process of positively adapting within an adverse circumstance.

5 Attributes of Resilient Individuals (and ways they can be built):

1. Self-Efficacy
   - Build confidence through successful experiences.
   - Emphasize significance of their individual voice.
   - Emphasize what they can do, rather than what they lack.
2. Optimism
   - Focus on positive elements first.
   - Encourage student into positive and realistic thinking.
   - Define "success" based on controllable factors.
3. Awareness
   - Guide student in identifying the issue(s) involved.
   - Use a practice journal to record struggles.
   - Share an outside perspective.
   - Define elements within and outside their control.
   - Emphasize balanced perspective and lifestyle
4. Self-Regulation
   - Guide student-initiated goal-setting.
   - Model how you deal with current or past challenges.
   - Create a framework allowing the student's choice throughout lessons and practices.
   - Build focus and energy management skills through games and activities.
5. Social Support
   - Continually and honestly communicate your belief in the student's ability to overcome challenges.
   - Listen to the student and gain their trust.
   - Praise effort over results.
   - Create an uplifting and supportive group class environment.

Individual Application



Additional Resources:

Kelley, Whitney. *The Resilient Musician: A Model for Developing Student Resilience in the College/Conservatory Music Studio*. Dissertation, University of Colorado Boulder, 2013.

Ginsburg, Kenneth R. *Building Resilience in Children and Teens: Giving Kids Roots and Wings*, 2nd Ed. American Academy of Pediatrics, 2011.

Reivich, Karen, and Andrew Shatte. *The Resilience Factor: 7Keys to Finding Your Inner Strength and Overcoming Life's Hurdles.* New York: Broadway Books, 2003.

Flutist Whitney Kelley is praised for her innovative performances and pedagogical methods which have inspired audiences across the country. Acclaimed for her "considerable technique" by the *Winston-Salem Journal*, she has appeared as soloist in numerous orchestral and recital settings across the country. Whitney currently performs as piccoloist with the Denver Philharmonic and as a member of the Airde Ensemble, a woodwind sextet based in Boulder, Colorado. An avid teacher and researcher, her latest research projects have focused on the psychology of music learning, development, and teaching and have been received with great interest across the music field both nationally and internationally. Whitney additionally serves as president of the Colorado Flute Association and staffs Summer Institutes and Chapter Affiliates for the Suzuki Association of the Americas. She received her D.M.A. in Flute Performance and Pedagogy from the University of Colorado with Christina Jennings. For more information, visit **www.whitneykelley.com** or email me at **whitneyrkelley@gmail.com**.