

QUALITY OF LIFE HABITS OF A SUCCESSFUL BAND DIRECTOR

BALANCING LIFE AND WORK
FOR THE MODERN MUSIC PROFESSIONAL

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Quality of Life Issues for the Modern Music Educator

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Clinicians

The Problem

Our profession seems to have a near-epidemic occurrence rate of...
Divorce

Criminal behavior

High Stress

Early career drop-out

Our purpose through this clinic/discussion is not to condemn or attack, but to deal with these issues openly – identify as best we can the contributing factors, provide some practical solutions, and hopefully provide a network of communication for teachers who are struggling with maintaining a healthy quality of life.

The Music Educator's Life

Before we became 'official' music teachers...

- We chose our career-path early
- We learned to accept a disproportionate time investment as 'normal'...

As we were learning to become music teachers ...

- We learned how to do our jobs very well...
- We did not learn how to do our jobs *in relation* to other things

Once we became music teachers...

- We had little or no help with maintaining life balance
- We had little or no foundation to draw upon

In other words: *we were left alone to sink or swim in very, very dangerous waters.*

As we started to swim (sink!), here's what happened...

- We spent a ton of time away from our family
- We found ourselves always at odds with our spouses
- Mothers found it increasingly difficult!

Good news! There is hope!

Things you can start doing *today* to improve your quality of life...

For your family:

- Home one day a week by 3:45
- Lunch one day a week with kids at school
- Come home between end of school day & extra rehearsals
- Supervise bedtime

Key! You must make it a top priority to spend time with your family.

For your spouse:

- Clear, continual, open lines of communication
- Regular 'date night' for just the two of you

Key! You must make constant effort to let them know they matter most.

For your employer:

- Clear, continual, open lines of communication
- Establishment of clear, reasonable guidelines

Key! You must take the initiative and educate these professionals.

For yourself:

- Remember why you chose this profession
- Recharge your batteries

Key! You must be purposeful and intentional about this.

Finally...

The most important take-away from this clinic:

*You Must Secure Your Foundation in an External,
Transcendent Source for Moral Right & Wrong*

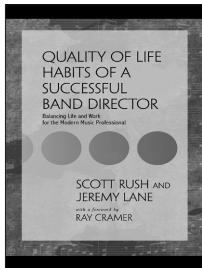
This is absolutely necessary for success in:

- Relationships with those close to you...
- Resistance/self-discipline in areas of potential failures...
- Leadership & mentorship of other people's children...

Thank you!

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Quality of Life Habits of a Successful Band Director

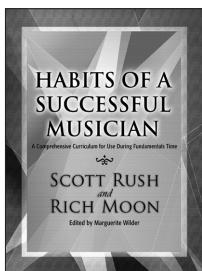
Balancing Life and Work for the Modern Music Professional

Being a band director is more than a career—it is truly a way of life. Demanding and extended hours are par for the course. Then there's the stress of concert performances and managing students and budgets, let alone the parents!

Written by two veteran music educators, this indispensable book is for anyone who struggles in dealing with the hazards of the profession, be it a first-year teacher or a seasoned veteran of more than 25 years. *Quality of Life Habits of a Successful Band Director* can be especially valuable for preservice music education students, and can help solve many problems before they start.

Topics include: early career strategies; perspectives from the masters Ray Cramer and Frank Battisti; balancing family, spouse, workplace, and personal needs; motherhood and band directing; and transferring theory to practice through the development of action steps and professional strategies.

G-8917 Hardcover, 128 pages \$21.95



Habits of a Successful Musician

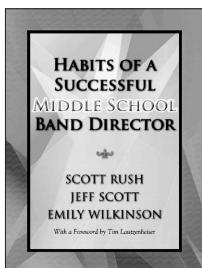
A Comprehensive Curriculum for Use During Fundamentals Time

This is a field-tested, vital, and—most important—*musical* collection of more than 200 sequenced exercises for building fundamentals.

Perfect for use by an ensemble or solo player at virtually any skill level. In one place, this series collects everything an aspiring player needs to build fundamental musicianship skills and then be able to transfer those skills directly into the performance of great literature.

- Provides chorales for the development of tone quality, ensemble sonority, and musicianship.
- Presents rhythm charts in a new format to allow transfer from timing and rhythm to pitches in a musical context.
- Provides audition etude sight-reading in a full-ensemble format that is well thought out in scope and sequence.
- Presents exercises in various keys, tonalities, and modes.
- Creates a mindset intent on establishing a culture of excellence for both the ensemble and individual players.

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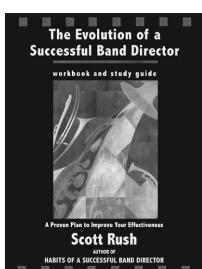
Habits of a Successful Middle School Band Director

Building on the successful *Habits* series, Scott Rush and his team have created a practical guide to all aspects of the middle school band program, including:

- Recruiting for beginners
- Mouthpiece testing and instrumentation
- Running an effective middle school rehearsal
- Teaching strategies for middle school Repertoire suggestions
- Warm-ups for beginner, intermediate, and advanced middle school players.
- Additional sections address musicianship, classroom management, working with parents and colleagues, assessment, technology, the middle school mind, minor instrument repair, private lessons...even traveling with middle school students.

Habits of a Successful Middle School Band Director is a resource to turn to time and again for ideas and inspiration. This is a comprehensive book that will grow as teaching skills grow, a book that will serve as a constant and essential companion throughout the career of any middle school band director.

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The Evolution of a Successful Band Director

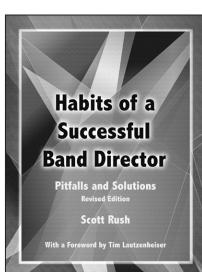
A Proven Plan to Improve Your Effectiveness

Intended for both novice and experienced band directors, this companion to Scott Rush's bestselling book *Habits of a Successful Band Director* is designed to:

- Present effective teaching principles with more depth and understanding
- Challenge readers to look deep within themselves to find solutions that will lead to more effective teaching
- Pose questions and suggest activities to put these solutions into action and cause readers to set goals through self-discovery
- Establish the classroom as a true laboratory for making music
- Provide a study guide for college methods classes using *Habits of a Successful Band Director*.

This book is designed to be an invaluable companion for the entire breadth of a band director's career.

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Habits of a Successful Band Director

Pitfalls and Solutions

A how-to book for young teachers • A supplement for college methods classes • A common-sense approach to everyday problems band directors face • Sequential models for instruction that are narrow in scope • Solutions, in the form of information and probing questions, that allow assessment of a classroom situation • Valuable information in a new format and references to other helpful publications • A contemporary text for all band directors

This is a resource you'll want to turn to again and again! This classic book is newly revised and reissued by GIA.

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