

## The Rhythm Method – *some things just take time*

Unrestrained impulsive thinking is a **type** of behaviour that, in general, does not assist in the long term, goal-orientated world of music study/performance

It is all fascinating to say that impulsive behaviour needs to be '*managed*'. In assisting students to learn self-motivated, goal-directed problems solving we need to first ask **WHY** students tend towards impulsive behaviour

Some thoughts.....

- **It is the path of least resistance** (electrons take it; so do humans) – restraint takes **effort** and is a learned skill
- **Students desire inclusion – being a valued part of the team** – sometimes achievement(!) and solutions take leadership
- **Respect for others** – socially students need to learn to listen (respect) the thoughts (solutions) of others. And smart people learn to ask for help!
- **We live in an impulsive society** — sms me; buy me now; you need the latest...GRATIFY yourself NOW!!

**Why are we at all surprised that students *think the way they are encourage to act?***

## The Rhythm method – the rhythm of life; the rhythm of mind

Planned (problem solving) directed (learning) thinking (behaviour)

### Example

#### Learning a Study

#### **STOP** – observe, understand ... *breathe*

What key is the study in? Can I play this scale?

Time signature? Do I understand this?

Are there any tricky rhythms? Could I learn these first?

Have I *taken the time* to look over the entire piece? Do I have a sense of the whole?

#### **THINK** – identify, plan, solve

Should I really start learning this from the beginning? Where are the hardest passages?

What is my plan for learning the work (listen to a recording; see a performance; explore similar pieces)

What are my chunks going to be? (should I aim for smaller ones?)

#### **GO** – do, implement, review

Have I reached my learning goal for the day/week?

What is my progress?

Do I need to review my plan?

We should not forget - Impulsive or *unrestrained* thinking can be of BENEFIT in **Real life situations**

**Brain Storming** – multiple, rapid solutions/idea creation

Problem solving solutions to difficult situations

**Time restrained solutions** – there simply may not be TIME to 'think it all over'

(Cue: Lion) Now that tree looks good, or there's the bush; I could stand still or...Just RUN (think on your feet)!

**Breaking deadlocks** – short circuiting super-selector behaviour '*just make a choice*' (limited consequence)

I could go with the red one; but the blue is also good. What about green . . . or, I did like the red. . .

**Gut feelings** – intuition

I have a bad feeling about this situation/person. Not sure why.

**Creative thinking** – open mind-doors to explore multiple choices

Improvisation (from Bach to Miles) – what could be more impulsive, wonderfully unrestrained and expressive!!

