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January 2024

When you just don't want to make a New Year's Resolution...

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We hope everyone enjoyed their snow days! It's another January and everyone is talking about resolutions. For most people, we start with the best intentions, but after a few weeks, we struggle and finally just give up. So, let's not make any practice resolutions this year. When you just don't want to practice, here's how to make it happen, without the doom and gloom of the New Year's Resolution. Here are some simple ideas on how to just get started, how to keep going, and stay motivated to reach your goals!

1. When it's difficult to get the practice started:

Just unpack...

We're all familiar with expressions like, "Life by the inch is a cinch" or "A journey of a thousand miles begins with a single step". The same idea can be applied to instrumental practice, the simple act of unpacking and getting our materials out can lead to a world of possibilities! Getting the instrument out of the case can be one the hardest parts of practice. We've all seen how slowly a child can unpack or delay playing in a lesson, class, or practice session at home. However, once the instrument is out of the case it can often be difficult to resist plucking the strings or playing just a little something. So next time there is resistance to practice time try saying, "Well let's just unpack and see what happens!"

Make the task of practice incremental and manageable. Set a phone timer for 5 minutes, use a sand timer so your child can observe the time, or let them determine the amount of practice time that day. When the timer is up the child can choose to wrap up practice or extend the time!

Just do one thing ...

Don't have time to play through all the assignments or work through your practice chart? Just do one thing. Play tonalization, a scale, a review piece, or just a practice spot. Keep the routine of starting practice every day even if you only practice one thing.

2. When it's difficult to keep going:

Look back on the past...

Reflect on where you were a month ago, a year ago, or when you started. It's easy to forget how far we have come and just how much progress we have made when we are getting discouraged. Watch an old video, look back at an old piece in your book, read through those notes you took in a lesson six months ago, and realize just how much progress you have made!

Listen...

Go on YouTube and find a piece or performer you're excited about! Did you hear a piece at your recital that you are really looking forward to playing? Or listen to the pieces coming up in your Suzuki books and find your favorite. Your teacher is an amazing resource for what to listen to next!

Learn something by ear...

Have a favorite piece from a movie or TV show? See if you can figure out the melody! Next time you see your teacher see if they can guess where it's from!

3. When it's difficult to stay motivated:

Don't "practice" today. Just PLAY...

Have a 'play day' or a 'pretend concert' day where you just line up all your child's stuffed animals for a pretend audience, FaceTime with Grandma for an impromptu performance, or just make a 'movie' and play for the camera on the phone. This is a great time to get motivated to do some review and create some joy!

Have a musical playdate...

Have a friend from group class that you love being with? Invite them over to play review pieces. Maybe even do a concert for your parents at the end!

Sign up for a great musical experience...

Sign up for a workshop or organize a performance opportunity that will motivate you to start practicing and preparing! For some learners, having a deadline or something to work towards brings the focus! STXSA Spring Workshop is coming up on February 8th and the review lists are on the website. Come find your winter motivation with our wonderful clinicians!

Spring Fling is February 8th!
At Chapelwood United Methodist Church
Classes are organized by book level, click the link below to learn more!

Register for Spring Fling!

There's still time to apply for a Summer Institute Scholarship!
Scholarship Application deadline: Monday, January 27, 2025

STXSA helps support the growth of students' music education by offering financial aid for SAA Summer Suzuki Institutes. Summer Suzuki Institutes provide engaging and in-depth learning opportunities for

Financial assistance is available to a limited number of STXSA Family Member students of current STXSA Teacher members.

[Click HERE for the 2025 Suzuki Association of the Americas Institute List!](#)

Apply for a STXSA Scholarship



STXSA Graduation

Application Deadline EXTENDED: *applications will be accepted until March 17, 2025*

Recording deadline: Monday, March 17, 2025

Graduation Concert and Reception: Saturday, May 3, 2025

Register for Graduation

STXSA Book Club for teachers and parents!

Let's get a head start on our next book!
Mindset: The New Psychology of Success
by Carol S. Dweck, Phd.

[Books available here](#)

See you on April 12, 2025!

JOIN US FOR

STXSA
Parent & Teacher
Book Club

KIDS AREN'T LAZY: DEVELOPING MOTIVATION AND TALENT THROUGH MUSIC WITH AUTHOR LAUREN HALEY

OCT 5 2024 7PM
NEW DATE! **APRIL 12 2025 7PM**

LA MADELINE - MEYERLAND
4700 BEECHNUT ST UNIT 620
HOUSTON, TX 77096

MINDSET: THE NEW PSYCHOLOGY OF SUCCESS
BY CAROL S. DWECK PHD

More info at: STXSA.org

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PARENT CORNER ARCHIVES: CLICK HERE

Questions? Suggestions? CLICK HERE

STXSA Event Calendar 2024-2025

January 16 - Parent Night Online Series #1
January 27 - Summer Suzuki Institute Scholarship Application Deadline
February 8 - STXSA Spring String Fling
February 10 - Summer Institute Scholarship Award Announcement
March 17 - Graduation Recording Deadline
April 5 - Ribbon Festival
April 12 - Parent & Teacher Book Club
April 29 - Parent Night Online Series #2
May 3 - Graduation Concert

STXSA Teacher Meeting Calendar 2024-2025

January 5 - Board Meeting
January 12 - Teacher General Meeting
March 2 - Board Meeting
March 20-22 - SAA Leadership Summit, Atlanta, GA
May 4 - Board Meeting
May 18 - Teacher General Meeting and End-of-Year Party



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