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## Improving Efficiency and Confidence through Mental Practice: A Guide for Music Educators

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### **Improving Efficiency and Confidence through Mental Practice: A Guide for Music Educators**

Nearly everyone has given up learning something at some point because it was inconvenient, and nearly everyone has experienced some form of performance anxiety. What if we could improve our skills in a way that increased the convenience and efficiency of our practice and boost confidence at the same time? By engaging in mental practice, we simulate physically practicing in our mind without the need for instruments, equipment, or facilities. This can have huge benefits to learning.

My work will consolidate and clarify existing research, so that music teachers can find the most optimal practice routines for improving their students' musical skills and maximizing their efficiency when they have limited physical practice time. This will help not only current musicians, but also many people who might otherwise quit to continue enjoying playing music (and improve their performing skills), with associated benefits for mental health, lifelong learning, and community building.

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Note to Inspiring Minds reviewers:

I am enrolled in the *Music Cognition* collaborative specialization, which was not listed as an option, but provided the inspiration and foundation for my submitted work. The specialization coordinator (also the professor who oversaw my initial work on this project) is Dr. Jonathan De Souza. However, he is not technically my supervisor, because my degree program is course-based and not research-based, which is why I did not list him as such in my submission. Hope this helps.