

# Try This Now

## How to start learning and teaching the ways the brain learns music best

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Here, for the first time, we have science based learning interventions explained step by step for immediate inclusion in our practice or rehearsal. These can be used as easily by the individual practitioner, or the teacher working with individual students or groups.

There is just enough surface information about the underlying principles to begin using these concepts. Please understand that having an understanding of *how* and *why* these things work makes our use of them much more powerful. The more we know about something, creating a richer mental model, the more we can learn about it. For more in depth discussion see my mini-book *Cracking the Talent Code*.

I recommend starting with contextual interference or deliberate practice then doing the other one second. CI produces the most immediate dramatic results which allows for “buy in” as a learner. Once we feel it work in our playing, doing more of that, and the other areas we will learn here, becomes easier.

Deliberate practice is the best place to start pedagogically. It is the essence of learning and will be present, whether we learn to do it really well or not, in everything we do here.

Then move to spacing to learn to consolidate all of the gains and have them available in performance.

If you have a hard time getting yourself, or your students, to practice start with the building practice section. It can be easier than you think to get going with regular practice.

The mindset section can be used at any time. I usually save it for the end after all of the evidence for a growth mindset has been experienced through learning. That concept should permeate everything we do for skill development.

Of course, feel free to start with anything that interests you.

Please follow directions to the letter. Sometimes these things will seem like they are not working in the moment. Most of the time that is the point! Once we get used to how they work we can tailor them to our teaching/learning.

Enjoy your practice journey!

Gregg