



Collegiate Communiqué #17 *From Burnout to Modern Band!* October 2018

Greetings from the PMEA Chair of the Council for Teacher Training, Recruitment, and Retention. Here is your monthly *Collegiate Communiqué* geared to higher education music education students and teachers. Past issues are archived on the PMEA website: <http://www.pmea.net/resources/pcmea/>.

Number three in the 2018-2019 series of *Collegiate Communiqué* "dives into" links to additional research on **stress** and **burnout** in completion of an undergraduate music or music education degree. In addition, have you heard about the revolutionary program and pedagogy of Little Kids Rock or the Modern Band?

This is **your** forum, and we would like to hear from you! Please get involved! If you would like to submit information or an article for a future e-publication release, contact Paul Fox at paulkfox.usc@gmail.com. Publication deadline: **Second Sunday of the month.**

A Survey of Resources on College Music/Music Education Major Burnout



"Burnout and the College Music Education Major" by H. Christian Bernhard II, Ph.D. in the *NafME Journal of Music Teacher Education* (2005)

<http://journals.sagepub.com/doi/pdf/10.1177/1057083705010107> and

"Contemplative Practices in Music Teacher Education" by H. Christian Bernhard II, Ph.D. in *New Directions* (Issue #3) <https://www.newdirectionsmsu.org/issue-3/bernhard-contemplative-practices-in-music-education/>

"Burnout and the Undergraduate Music Education Major: Surviving the Stress" by Meghan Johnson (2010):

- https://www.youtube.com/watch?v=DZ_fCDDCOuY
- <https://www.youtube.com/watch?v=qdD4CCWci5U>
- <https://www.youtube.com/watch?v=HQqrWzN5hCg>
- https://www.youtube.com/watch?v=OB4IPl_u4mU

"Undergraduate Music Student Stress and Burnout" by H.J. Orzel (2010)
https://scholarworks.sjsu.edu/cgi/viewcontent.cgi?article=4884&context=etd_theses

"When Music Goes Up in Flames: The Impact of Advising on Music Major Burnout" by Marilee Teasley and Erin Buchanan in *NACADA: The Global Community for Academic Advising* (2016)
<http://www.nacadajournal.org/doi/full/10.12930/NACADA-15-002?code=naaa-site>

"A Survey of Attitudes Towards Burnout Among Music Students at The University of South Carolina School of Music" by Philip David Castro (2016)
<https://scholarcommons.sc.edu/cgi/viewcontent.cgi?article=4546&context=etd>

"Reducing Music Teacher Burnout and Its Consequences" by Sung Eun Kim and David Barg in *Music Education Policy Briefs* (2010)
<https://www.bu.edu/muedpolicyproject/brief2.pdf>

"Teacher Burnout..." NafME eNEWS and *Music in a Minuet* blog-posts
<https://nafme.org/tag/teacher-burnout/>

"65 Things You Should Do Right Now to Avoid Burnout" in *Monster Teaching Community* <http://teaching.monster.com/benefits/articles/7938-65-things-you-should-do-right-now-to-avoid-burnout>

"How to Music Major" (tag = burnout) by Gabrielle Hass (2018) <http://howtomusicmajor.com/tag/burnout/>

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"Hustle & Bustle" by
Geralt (Pixabay.com)





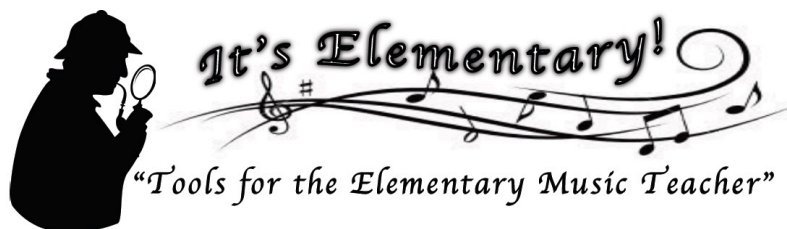
Reminders – Upcoming Regional PD Workshops

You can still attend the separate **PMEA District 11 & 12 Professional Development Workshops**, both being held all-day November 6, 2018. PCMEA members are welcome to take advantage of the available "walk-in" registration (same fee) for the District 11 sessions, and District 12 has extended their online registration to October 29, 2018. Here are the details and links to more information:

14th Annual District 11 Professional Staff Development, Montgomery County Community College:
<https://docs.google.com/document/d/1FkQMg3DZRcKGRpH72q1Qyy1FusPncAHlrTwqQdgXKt8/edit?usp=sharing>

PMEA District 12 Fall 2018 In-Service, Great Valley High School:
<http://www.pmea12.org/fallinservice.html>

PMEA District 1 & 5 Professional Development Workshop, "It's Elementary" – Tips for Elementary Music Teachers will be hosted by Duquesne University on November 20, 2018, in the Mary Pappert School of Music. Sessions will run from 9 a.m. to 3 p.m. and will include such topics as solfège and the hand signals, standards, recorder, improvisation, mentoring, EL choral and general music, and sheet music reading clinics. Registration is free to active PMEA and PCMEA members. The planned keynote speaker is Mark Despotakis, PMEA State Advocacy Council Chair, with updates on the "Every Student Succeeds Act." Download the flier at https://district1.pmea.net/uploads/2/0/9/2/20923888/2018_pd_day_flier-2.pdf and sign-up for the workshop at <https://district1.pmea.net/fall-workshop-2018.html>.



Ethics Training Updates

Most agree there is little "time or space" for additional requirements or coursework to add to the college curriculum for music education certification. However, several free resources are available to pre-service teachers and their methods instructors to introduce the subject of ethics for educators. Check these out:

- **Ethics for Music Educators PMEA Webinars** (Parts I and II with printed handouts)
<https://www.pmea.net/webinars/>
- **Latest Blog on "Ethical Conundrums"**
<https://paulkfoxusc.wordpress.com/2018/10/14/ethical-conundrums-revisited-part-ii/>
- **Additional Ethics Blogs** (the entire seven-part series in reverse chronological order)
<https://paulkfoxusc.wordpress.com/category/ethics/>
- **Ethics Articles in PMEA News** (Fall 2018, page 36 – more to come)
- **PA Code of Professional Practice and Conduct for Educators**
<http://www.pspc.education.pa.gov/Statutes-Regulations-Policies-Forms/Code-of-Professional-Practice-Conduct/Pages/default.aspx>
- **Model Code of Ethics for Educators** http://www.nasdtc.net/?page=MCEE_Doc

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PMEA Endorses "Little Kids Rock"

Letter from the PMEA Executive Committee

Students in schools today come from a vast array of communities that represent a broader, more diverse experience with music. Schools that provide a music education program tailored exclusively to the "traditional" model, such as band, chorus and orchestra, reduce access to learning that is equitable, well-rounded and personalized.



PMEA recognizes the need to provide music education experiences that are culturally relevant and more inclusive of music styles in addition to the "traditional – conservatory" model. The non-profit organization Little Kids Rock (LKR) offers a forward-thinking solution to interpolating a popular music approach in tandem with the traditional/conservatory approach, which is based upon research-developed pedagogy and curriculum.

The mission of LKR is to "transform lives by restoring, expanding and innovating music education in (our) schools" which they plan to accomplish, in-part, through the use of Modern Band methods and material. This program leverages the cultural capital of children and their communities and expands upon existing music programming such as orchestra, marching band, jazz band and chorus, etc. by making music available to children who might not otherwise participate in traditional music classes. This program teaches students to perform, improvise and compose using popular styles with which they are familiar and love including rock, pop, reggae, hip hop, R&B and other modern styles.

PMEA's proposal (at no financial cost to PMEA) is to work with PDE and LKR to offer teacher training and support of student opportunities in the Modern Band curriculum and pedagogy. Specifically, over the course of the next 24-36 months, PMEA will support the training of a minimum 300 music teachers/pre-service music teachers statewide from the elementary, secondary and collegiate levels, utilizing professional trainers from LKR using host sites from six colleges. In addition, PMEA will develop and promote opportunities to support student performance access in Modern Band.

PMEA also intends to support the Modern Band program through promotion of training opportunities and including a Modern Band track in its professional development offerings. This proactive endorsement by PMEA will ensure the success of a program that will provide equitable access to well-rounded, rigorous, and personalized learning experiences as described in the state ESSA plan.



[Editor's Note: I attended a Modern Band demonstration session at the SEADAE conference in September. In less than ten minutes, the LKR presenters had me playing chords, improvising, and accompanying a recording of Taylor Swift on a ukulele. It is an amazing hands-on method of instant music-making, allowing students to experience creative self-expression and later seek more understanding of the form and notation of music. PKF]

To review the LKR program or download a copy of their songbooks or curriculum, go to <http://jamzone.littlekidsrock.org/teachers/teachers-teaching-resources/>.

Look for future communications from PMEA about how music teachers and pre-service teachers can receive free one-day professional development training.

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PMEA Council for Teacher Training, Recruitment, and Retention

"Supporting the life cycle of a music educator..."

Paul K. Fox, Chair • Teri Myers, Co-Chair

Page 4 of 4

PMEA Leads the Way with TTRR Initiative

by David Deitz, PDE Fine Arts Consultant

During the months of September and October, PMEA's TTRR Initiative was presented at three separate education-based conferences. Paul Fox, Chair for the Council on TTRR, and Dave Deitz, PDE Fine Arts Education Consultant, blended nationally distributed research and PDE specific data to showcase the work of PMEA in the area of Teacher Training, Recruitment, and Retention.

Nine "intersections" were developed by combining the resources of PDE and PMEA:

1. Research/Training
2. Research/Recruitment
3. Research/Retention
4. Data/Training
5. Data/Recruitment
6. Data/Retention
7. Implementation/Training
8. Implementation/Recruitment
9. Implementation/Retention

WHAT'S CURRENTLY IN EACH INTERSECTION?

	Training	Recruitment	Retention
Research	College Program Curriculum Professional Development	Color	Color Mentor
Data	Superintendent Survey	Superintendent Survey TIMS Information College Dept Survey	Superintendent Survey Years Service
Implementation	Ethics Model Curriculum Framework/Lesson Exemplars PDE CEW Standards Personal Leadership/ Goal Setting NAfME Society for Music Teacher Education (SMTE)	Careers In Music Teaching Job Shadowing Collegiate Communique Future Music Educator Honor Symposium Tri-M Urban Leadership Conference	Mentor Programs Retiree Resource Registry Retired eNEWS Stress/Burnout Health/Wellness



The first presentation was done at the national level for the SEADAE (State Education Agency Directors of Arts Education, for which Dave Deitz is the state representative). This provided information about Mission and Purpose for the Council, as well as some of the internal programs (Ethics, Model Curriculum Framework, Careers in Music, Collegiate Communique, Urban Leadership Conference, Future Music Educators Honor Symposium, Mentoring, Retired Resource Registry, etc.) to a nationwide audience of key arts education leaders.

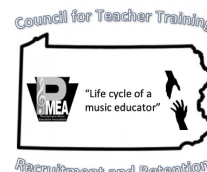
At the invitation of the PA Arts Education Association (PAEA), the second conference session, coupled with a PAEA visual arts teacher development council meeting, looked for ways in which PMEA and PAEA have overlapping initiatives and the methods that each organization can provide parallel services to better meet the needs of teacher shortages, particularly for teachers of color.



The third workshop at the PSBA (PA School Boards Association) Conference informed school board members and superintendents of the attrition data for music and art teachers and the services available through PMEA and PAEA to support and mentor in-service teachers, as well as encouraging high school students to get into the arts teaching pipeline.

PMEA continues to be a leader in the development and training of quality music educators, not only statewide, but nationally and across curriculum content areas!

To download the workshops' handout, please visit the Council TTRR section on the PMEA website: <https://www.pmea.net/council-for-ttrr/>.



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