

## Case study A3

### Process:

A3 is a student that shut down in her exam in 2023. She is currently in the 4<sup>th</sup> class, upper school. We had a few meetings as to create overview and work on nerves. She wanted to go to VWO which is the highest level of education in the school. She also has high expectations on her practice and performing, causing her to shut down. She is the oldest girl in a big family. Didn't practice at school in the mornings before LearningLAB started. During the year her vocal teacher and I monitored on her well-being.

6 September 2024	Goal setting
28 March 2024	Attention: playing in tempo with different strategies
12 April 2024	Affirmations and warm-up plan for performance, visualization before exam
24 May 2024	Reflecting on exam (objective) + looking at as many perspectives as possible of new repertoire

### Notes:

The communication with her vocal teacher is wonderful. She uses the folder, teachers' notes and we often exchange ideas. She also has an online environment for her students. The program helps this student well to create overview and reduce tension. She is also very open to learning strategies and techniques to help her in her studies.

### Questionnaire

In the questionnaire she states that:

She attends the Tuesday group meetings

Sometimes she is in her study process and she forgets

She likes to work on her own

She uses lesson and practice notes, they help her structure and focus when studying

She is practicing more hours and more hours at school

She has problems focusing at home, at school she can stay in her room and concentrate better

She experiences studying, playing and performing much better since the program started, she is more confident and feels less stress

She finds finding 200% focus and being in flow hard while practicing

She feels stress during lessons, exams and concerts, she really wants people to find her great and that gives her stress

Her vocal teacher gives very clear instructions on repertoire and strategies connected to goals

She wants to become better at focusing

She is more positive about her process as she is studying more

In 2023 I panicked during my exam, in 2024 I could show what I had prepared for

I have more structure in my studies and I much better prepared for exams and concerts

### Interview Susan Williams

Teacher interview by Susan Williams:

#### **What are for you signs of motivation in a student?**

Proactive about homework. Suggestions for exercises & material – this is especially with older ones. Bring new ideas & inspired to study and play around with music. Willing to put in energy. I see & feel that. Take their learning serious. Have fun, free & happy.

**What is 'good practice' in your opinion?**

Concentration. Find themselves /together with me) a structure that works for them.  
Independent. Play around with the ideas they get from the exercises. Create.

**What do you think is important for your students' wellbeing?**

Puberty is challenging. It worries me that they feel pressure – from school & other students.  
Blocks creativity, feel stuck & stressed. Doing it right. 12-16 they have this more. Older (Gudrun & Sogol) experience more freedom.

**How much practice do you expect from your jong KC students? What is enough? (do you ask for/recommend a certain amount?)**

Study more, shorter and high focus (singers). At least every day, some of your routine. Some days 15 minutes, some 30 minutes. What works for them. Creative and not forced. Routine is great. Listen to your body. But studying is also being busy with the music – not always singing.

**How much connection do you have with the LLAB coaches?**

Irma. Gives updates when she works with students. Teams. Short lines in Teams.

**How do you experience the communication with the coaches?**

Good: I can use her info. Very specific & good feedback.

**What do you want to know from the coaches about the sessions?**

There are different group topics – I want to know what they are.  
Individual processes – I don't need to know more.  
I am proactive in using your info and documents. I try to make connections.

**How do you perceive/think about the program?**

I like that the ones who really uses LLAB so much progress: E.g. Hennie uses the map, uses the notes. If the student can bring LLab into her system it's great. But older ones tend to use it less. I think it would be great for everyone!

**Do you see any changes in your students' (name) behaviour or learning processes in the last months, that you could connect to the coaching sessions? What?**

Hennie & 2 other students really benefitted – it was necessary for them.  
How to study. Using moments before school. More prepared for lessons, more proactive, more reflective.

**What would you like support in from the Learning LAB?**

How to study. Different ways. Good to have input from other teachers. Self-sufficient in practicing. Sometimes they don't know what to do. Their way. Create learning goals, short middle & long-term goals. Performance preparation.

**Would you like to be a LearningLAB coach?**

Not this year. Starting a Master at the KC. Maybe in the future.

**Other:**

How to get the middle group more aware of this: 3-5 grade (14-16).  
They need it the most. Pressure & standards.

This interview was taken before the summer. After the summer we introduced the card game, Margriet is the teacher that actively uses them. Her older singers were part of a different program working towards their auditions for conservatoires in NL. We helped them set goals, prepare with strategies, helped out with creating audition video's, worked on performance practice using affirmations and visualization together with trial concerts with recordings to reflect on. We also scheduled and planned their final year. I will describe the process in another observation. Jette made huge progress. Going from a student that was not able to perform to someone with practice habits, goal descriptions, planning, practice strategies, performance preparation techniques, reflectiveness and being an example for younger students, helping them out. She uses the folder it helps her create overview of the year and her practice.