

SAMA Monthly

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Getting Past the Frustration and Into Why We Play Music

I've often heard students tell me that they dislike certain pieces, or even playing their instrument in general, when they get to a particularly difficult spot in their learning process. They may be working on a piece they previously loved or they may have always enjoyed playing music before, but once the real work starts it can be difficult to maintain the enjoyment.

How do we continue to enjoy what we do when things get difficult? When practicing a piece becomes frustrating, I like to take a step back and listen to the piece, or play something else I always enjoy playing. If I can reconnect with what made me enjoy that piece, or just playing my instrument in general, it will help me rediscover the enjoyment of what I'm working on.

Most students enjoy their music until they discover they actually have to put in some patient work with it; the idea is to remember why we play music at all. We all get a chance to create beautiful sounds and make music that can be shared and enjoyed by more than just ourselves. Next time you get frustrated with your practice, take a moment to make something musical on your own time or listen to a piece that keeps you enjoying music. Always remember how great it is that you have a chance to create music on your own!

Michelle Sirois
Piano Instructor

WELCOME - KELSEY SANTOY

Kelsey is joining SAMA's administrative staff. As she's started her professional career, Kelsey has developed a strong interest in business and the many aspects involved, specifically creating a positive experience for all those involved.



STUDENT OF THE MONTH - Sophia M.

"Sophia has made great strides in her singing this year. She got serious about practicing and is starting to see the results of her hard work! Congratulations, Sophia!"

-Randi Wooding, voice instructor



UPCOMING EVENTS:



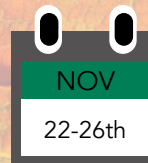
Shane Duyvené de Wit's Birthday



Erica Torres' Birthday



SAMA Elite and SAMA Ensemble 45 Gears Perform @ Whole Foods Vineyard



Studio Holiday