

Engage Your Core! Using Core Reflection for Immediate Improvements in Music Teaching and Learning

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Core Reflection resources:

Korthagen, F. A., Korthagen, F. A., Kim, Y. M., & Greene, W. L. (Eds.). (2012). *Teaching and learning from within: A core reflection approach to quality and inspiration in education*. Routledge.

https://www.amazon.com/Teaching-Learning-Within-Reflection-Inspiration-ebook/dp/B00AHAO9GY/ref=sr_1_1?ie=UTF8&qid=1538192742&sr=8-1&keywords=core+reflection

Evelein, F. G., & Korthagen, F. A. (2014). *Practicing core reflection: Activities and lessons for teaching and learning from within*. Routledge.

https://www.amazon.com/Practicing-Core-Reflection-Activities-Teaching/dp/0415819962/ref=sr_1_1?ie=UTF8&qid=1538192857&sr=8-1&keywords=core+evelein

Important concepts:

- Core Reflection: Core reflection (CR) focuses on a teacher's positive core qualities—his or her innate, unique strengths—for coping with teaching or interpersonal dilemmas *in the moment*.

- Essence: the intrinsic nature or indispensable quality of something that determines its character. What is the essence of you and your motivation to work as a teacher? Where might there be CONFLICT between your essence and your outside world? CR is designed to address that conflict
- Core quality: The central, innermost, or most essential part of someone. Intuitively identifiable (i.e. through feeling, observing, listening). Draw on your core qualities to solve interpersonal dilemmas.
- Core qualities vs competencies: CQs are already a part of you (but may have fallen out of practice.) They are indivisible (cannot be removed or divided). Applicable to life in many different settings.
- Competencies: Domain-specific, learnable, divisible.

Examples of Core Qualities:

•Creativity	•Precision	•Articulateness	•Committed
•Sensitivity	•Energy	•Flexibility	•Open-hearted
•Trust	•Analytic	•Love	•Firm
•Courage	•Strength	•Compassion	•Passionate
•Curiosity	•Goal-directed	•Openness	•Intellectual
•Spontaneity	•Vulnerable	•Steadfastness	•Initiative
•Energy	•Sharp minded	•Thoughtful	•Decisive
•Determination	•Open minded	•Optimism	
	•Care		

- Use your core qualities to break down whatever barriers are preventing you from getting into flow
- Csikszentmihalyi, M. (1997). Flow and the psychology of discovery and invention. *HarperPerennial, New York, 39.*
- Getting to ideal: The way you want a situation to be

Ask yourself:

What is my ideal? How would I feel if I reached my ideal?

How do I feel now?

Can I use a core quality to get me there?

Identify any obstacles (*personal*, not external)

Typical reflection: Focus on the situation

- Focus on the past
- Cognitive, Mental orientation
- Concentrate on fixing what went wrong, or mistakes you've made
- Worrying about forcing others to behave differently

Core reflection: Focus on the moment

- Reflection on positive meaning-making
- Focus on the here-and-now and on the future
- Focus on personal strengths
- Focus on more awareness of thinking, feeling, and wanting

Elevator Levels: Thinking, Feeling, Wanting. FEELING: Get in touch with your core qualities to reframe your thinking. You are the only one who you can change! 😊

Practice a core quality you'd like to develop 3x/day for a week.