



# THE Summeryglen TIMES

Issue #1

January 2008

## Welcome to our first issue!

Welcome to the first issue of the *Summeryglen Times*, the monthly newsletter dedicated to helping you become a better musician!

The articles we'll feature in the *Times* are designed to take you further on your musical journey by giving you new practice ideas to try each month.

In addition to music-related articles, each issue of the *Times* will include listings of upcoming concerts in the Triangle area, entertaining columns, and features about Summeryglen students and their families. We look forward to sharing our latest happenings with you in 2008, and wish you a year of musical success!

## New Year's Resolutions for Musicians...and How to Keep Them!



January is a time when many people create resolutions to eat healthier, lose weight, or make more money. But as we know, by February, many of these resolutions are already abandoned! As a musician, it may be tempting to resolve to "play better" in 2008. But like the resolutions above, these general musical desires often fall by the wayside very quickly. So, how can you stick to your guns and really become a better musician this year? Here are some ideas to get you started.

### Make your goals SMART

The problem with many resolutions is vagueness. If you resolve to be a great jazz trombonist, it's difficult to know where to begin or what to do to achieve your goal. This is where SMART goals can help. **SMART** stands for **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**imely. Making your resolution very specific, giving yourself a deadline, and making sure it's possible will help you turn your dream into reality. "Be a great jazz trombonist" is a vague, general order. But "By February, I will be able to improvise over two choruses of the Bb blues without getting lost," tells exactly what you want to happen, and when, and is something you can do in the time you've allowed. SMART goals give your desires direction. Once you've made the goal, just follow the directions!

### Take weekly action

Now that you have your goals, look at them weekly and break them apart to find your **Next Actions**--specific things you can do to move closer to your goal. If my SMART goal is "By February, I will be able to improvise over two choruses of the Bb blues without getting lost," my Next Action might be, "Make sure I have my Bb scale memorized," or "Listen for patterns on a blues recording."

CONTINUED ON NEXT PAGE →



