

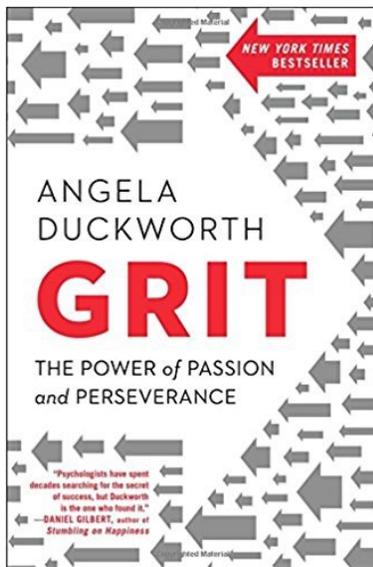
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MONTHLY NEWSLETTER FOR THE STUDIO OF DR. JOVANNI-REY DE PEDRO

AT THE UNIVERSITY OF IDAHO'S LIONEL HAMPTON SCHOOL OF MUSIC

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GRIT



Last month, I was invited to give a presentation about the tools and skills needed for today's young professional musician. In my preparation, I came across countless articles regarding this topic from entrepreneurs, current professors, and musicians trying to "make it" in our field.

Many of these resources were extremely helpful and gave very practical advice. We all need distinctive websites, good headshots, a social media and YouTube account, a good professional-quality recording, and a bunch of other things to expand our visibility. These resources also gave great ideas how today's musician could be adaptable, creative, savvy, entrepreneurial, marketable, and professional.

My initial thought was to share these ideas. But I didn't. Instead, I talked about necessarily qualities which I felt would illuminate a young professional's path as a "21st Century Musician." One of those qualities was something called "Grit."

Each year, more than 14,000 applicants begin the admissions process at West Point Academy. Of them, 4,000 succeed in getting the required nomination and about 2,500 of those meet the academic and physical standards. The 1,200 that eventually are admitted and enroll are the top of their high school senior class. Valedictorians and varsity captains. But despite their hard work and high potential, one in five will drop out before graduation – a significant amount of them during the intensive, 7-week initiation boot camp.

Upcoming Events

May 12: University of Idaho Graduation. Kibbie Dome. Moscow, Idaho.

June 3: San Diego Rock 'n' Roll Marathon. (Yup! Going all 26.2!)

June 26: Residency and Recital. Kennedy Baptist College. Perth, Australia.

June 28-July 1: Speaker, Recitalist, and Master Class Clinician. Alan Lane Memorial Workshops. Townsville, Australia.

July 7: Solo Recital. Riverina Conservatory of Music. Wagga Wagga, Australia.

July 22-August 4: Faculty, Concerto*Fest*Europa. Bratislava, Slovakia.
www.ConcertoFestEuropa.com

About Angela Duckworth

In her late twenties, Angela left a demanding job as a management consultant to teach math to seventh graders in the New York City public schools. Several years in the classroom taught her that *effort* was tremendously important to success. To begin to solve the mystery of why some people work so much harder and longer than others, Angela entered the PhD program in psychology at the University of Pennsylvania, where she is now a professor. She is also a MacArthur Fellow and Founder & CEO of Character Lab. (from www.angeladuckworth.com)

This phenomenon baffled psychologist Angela Duckworth, who set out to discover the quality that set apart those who stayed, and those who left. The result of her analysis is the topic of her New York Times best selling book, *Grit*. In a nutshell, *grit* is the quality that separates the good from the great - from those who succeed, and those who succeed at the highest possible level. Grit is the special combination of “passion and perseverance for long-term goals.”

How do you stay motivated for a long period of time?

According to Duckworth, this is achieved by combining big dreams with small, achievable daily goals. An example of this is what Seattle Seahawks football coach Pete Carroll calls a “Life Philosophy.”

A Life Philosophy guides the direction that you make in your career and personal life. It helps you make important decisions, focus your goals, and enables you to feel more engaged in your work. Every decision that you make, every opportunity you take is done with that Life Philosophy in mind.

The good news for us is that Grit is not necessarily something that you have or don't. It can be developed, especially when one puts effort into their work. One of my favorite formulas from this book goes like this:

Skill = Talent x Effort. Achievement = Skill x Effort.

The book goes on to talk about the four components of Grit and how it is applied in everyday life - like parenting!

In next month's newsletter, I'll talk about my own Life Philosophy and how it's shaped the way I teach, perform, and live. I hope to also guide you into discovering your core values, which would ultimately help you develop a Life Philosophy of your own!