

PIANO

MONTHLY NEWSLETTER FOR THE STUDIO OF DR. JOVANNI-REY DE PEDRO
AT THE UNIVERSITY OF IDAHO'S LIONEL HAMPTON SCHOOL OF MUSIC

www.jdepedro.com | jdepedro@uidaho.edu

Win Forever



Having grown up in Los Angeles, I remember the controversy and angst when the University of Southern California (USC) put the Trojan football team in the hands of Pete Carroll. It was 1996, and eighteen years had passed since the USC won their last national championship. The Trojan faithful were losing patience, and to make matters worse, Carroll wasn't a popular choice. He was just fired as the head coach of the New York Jets after having very little success as the head coach of the New England Patriots for the three seasons before that. USC was virtually hiring a loser to coach their team! The animosity towards Carroll was real, as one fan

commented: "It doesn't take a rocket scientist to realize that this appears to be a net loss, but then (Athletic Director) Mike Garrett is not a rocket scientist. A rocket scientist would at least make sure the rocket was pointed up, not down, before lighting the fuse."

But guess what? Carroll went on to post an 83-18 record including leading USC to their tenth and eleventh national championship. The excellence continued past USC, as he later went on to win the Super Bowl in 2014 as head coach of the Seattle Seahawks.

How did this happen? What changed?

Carroll said that he embarked on a process of discovering who he was - not only as a football coach, but as a person. He was inspired by the legendary collegiate basketball coach John Wooden, whose book *A Lifetime of Observations and Reflections On and Off the Court* detailed Wooden's clarity of vision and philosophy which were exemplified by his life. This is probably the reason Wooden won 10 national championships within 12 years at the University of California, Los Angeles. During this time, Wooden also posted a record-setting 88-game winning streak!

Like Wooden, Carroll developed a "Life Philosophy." A Life Philosophy is a belief or set of values that become central to your career and/or personal life. These help you make important decisions, focus goals, and enables you to feel more engaged, happy, and fulfilled in your work. Every decision that you make and every opportunity you take is done with that life philosophy in mind.

Concerto*Fest*Europa

Join me for a summer festival in the heart of Europe!

Concerto*Fest*Europa, in addition to their internationally-known concerto course, is now offering an academy for piano teaching and performing.

Contact me or visit
www.ConcertoFestEuropa.com
for more information

Looking ahead...

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

June 4-9: Piano and Chamber Music Institute. Samford University. Birmingham, AL.

June 26: Visiting Artist. Kennedy Baptist College. Perth, Australia.

June 28: Masterclass. Western Australia Music Teachers Association. Perth, Australia.

June 30-July 1: Invited Speaker and Recitalist. Alan Lane Memorial Workshops. Townsville, Australia.

July 7: Master class and Recital. Riverina Conservatory. Wagga Wagga, Australia.

July 23-August 4: Concerto*Fest*Europa. Bratislava, Slovakia.

September 22: Camerata Musica Solo Performance. Columbia Basin College. Pasco, WA.

Carroll's Life Philosophy: Win Forever - to do things everyday better than they have been done before.

Developing a Life Philosophy is an invaluable way to make better choices and lead a more inspired life. Here are three steps to get you started in developing your own Life Philosophy:

- Identify your "Core Values."

Astrid Baumgartner, Coordinator of Career Strategies at Yale School of Music, helps people discover their "Core Values" by having them first choose a few meaningful words. Some words I gravitated towards were *service, humor, excellence, experiences, leadership, care, adventure, relationships*. The key element is that these words need to be significant to *you*.

- Ask yourself, "What do I want to get out of life?"

In thinking about my Core Values, one word stood out as a thread that weaved through every aspect of my life: *experiences*. I realized that I value experiences immensely, and more so, I value sharing experiences with people. This is probably not a coincidence! In fact, recent psychology research shows that experiences bring people more happiness than possessions. This realization led me to develop my own Life Philosophy: **Create Meaningful Experiences** - for myself, my family, my students, audience members - everyone I come in contact with!

- Be Patient and K.I.S.S.

A Life Philosophy certainly doesn't come overnight, but chances are, you're already living it! Verbalize your thoughts to others and ask them about their own philosophies. Allow down time to reflect on goals and decisions. Write down your thoughts and continue to cultivate them until you're able to communicate them clearly in a few words to others. Your philosophy should be memorable, not complex. As I've heard many times before: **Keep It Simple, Stupid!**

What I've learned by identifying, developing, and trying to live my Life Philosophy is that I've become more passionate about what I do in my daily life. In her book *Grit* (which was reviewed in last month's newsletter), psychologist Angela Duckworth defines passion as a behavior of consistency rather than an intensity of feeling and emotion. She writes, "*What I mean [by passion] is that you care about that same ultimate goal in an abiding, loyal, steady way... Each day, you wake up thinking of the questions you fell asleep thinking about... At the extreme, one might call your focus obsessive. Most of your actions derive their significance from their allegiance to your ultimate concern, your life philosophy.*"