

Track 1



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B.S CS 2018



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B.S CS 2018



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B.S SymSys 2020



Initial POV



**Josh is a jazz bassist
and instructor**



Ronna is a **drum student**



Paul is a **guitar teacher**

Results





Self-doubt →
Self-confidence

A clear glass filled with water is positioned on the left side of the frame, resting on a dark brown wooden surface with visible horizontal planks. The glass has a textured, fluted design. The background is blurred, showing more of the wooden structure.

Capacity
For Improvement

Make Practice
A Reward



Musical Pokémon



Musical Pokémon



- Start with a simple piece of music
- As progress is made → Evolve!
- Intrinsic reward of mastering > pokémon excitement
- Metaphor aided decomposition & progress tracking

“I kind of understood it the whole time, but I wanted to master it. It did feel like I was leveling up, the new me could make all these new insights.”

**“I kind of understood it the
whole time,**

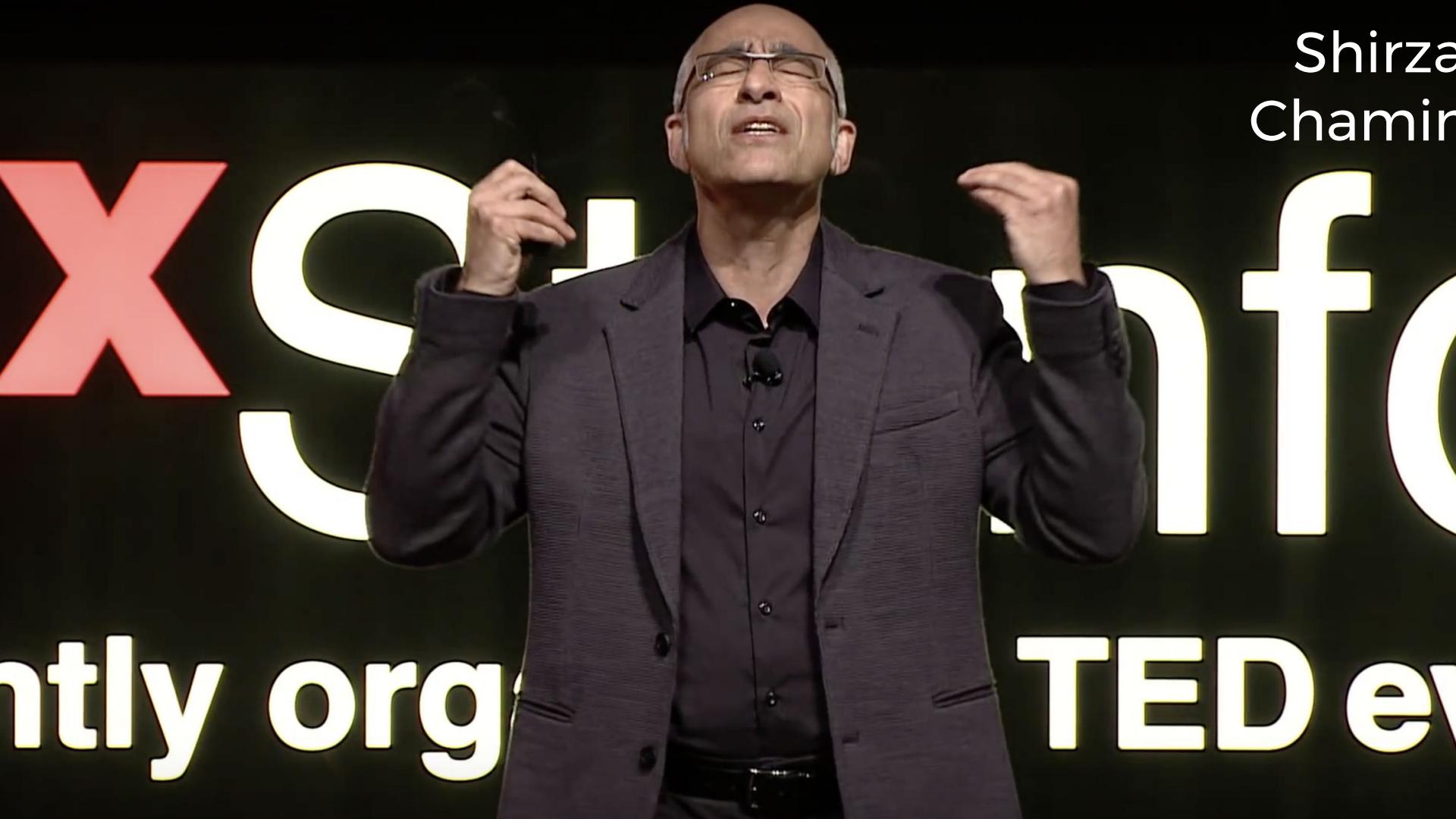
leveling up

Importance of visualizing and
understanding the
utility,
significance,
excitement
your practice goal promises...



Inner Critic vs. Affirmer

Shirza
Chamir



Inner Critic vs. Inner Affirmer



- Post-practice reflection
- Fill out post-its based on prompts (i.e “What did you do well?”)
- Two stick figures, affirmer and critic, grow and shrink based on quality of self-reflection
- Michelle increased in intentionality with how she framed thoughts
- Tension: dichotomy vs blended “coach”



Camaraderie

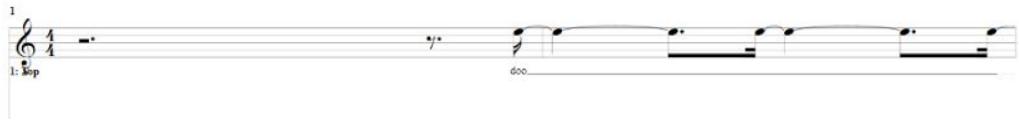
A photograph showing a group of musicians, likely a brass band, playing their instruments. They are wearing light-colored hats with a dark band and a small leather patch that reads "REMANDE A JESUS". The musicians are positioned in a row, with one in the foreground clearly visible, playing a trumpet. The background shows other musicians and a stone wall.

Unite Similar Musicians



Escape the Room

Escape the Room



- Hidden slips of music form a puzzle
 - Teams learn their own part, then reconvene and sing together
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- Reluctance → Fun, engagement
 - Normal practice + urgency, exploration, incentive

Practice Grind → Practice High

