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Finding focus : using external focus of attention for practicing and performing music

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Citation

Williams, S. G. (2019, June 6). *Finding focus : using external focus of attention for practicing and performing music*. Retrieved from <https://hdl.handle.net/1887/73832>

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Author: Williams, S.G.

Title: Finding focus : using external focus of attention for practicing and performing music

Issue Date: 2019-06-06

Finding Focus

Using external focus of attention for practicing and performing
music

Proefschrift

ter verkrijging van

de graad van Doctor aan de Universiteit Leiden,

op gezag van Rector Magnificus prof.mr. C.J.J.M. Stolker,

volgens besluit van het College voor Promoties

te verdedigen op donderdag 6 juni 2019

klokke 10:00 uur

door

Susan Gayle Williams

geboren te Canberra, Australië

in 1960

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ACKNOWLEDGEMENTS

Thanks go to my promoter – prof. Henk Borgdorff and my co-promotors dr. Rebecca Schaefer and dr. Michiel Schuijjer for your expert guidance and generous support. This work involved a complex interaction between the disciplines of performing arts, pedagogy and psychology and needed a very subtle and critical blend of supervisors, which I thankfully had. Thanks also to prof. Adina Mornell and dr. Melissa Bremmer and to Joram van Ketel for your tremendous help and advice.

The support of the Royal Conservatoire The Hague is gratefully appreciated, and in particular that of Martin Prchal.

The research presented in this thesis owes a lot to the enthusiasm and inspiration I have shared with many of my colleagues both those who I have performed with and those I have worked with in the field of Performance Science – in particular my dear colleagues from the ‘Potential to Performance’ team: Wieke Karsten, Päivi Arjas, Erja Joukamo-Ampuja, Eve Newsome and Gabriela Meyer.

Thank you to my husband Matthias and son Jonathan for your love and patience, and to Wayne Williams for your indispensable help.

This work is dedicated to all of my students – past, present and future.

GLOSSARY of TERMS

Associative focus: focusing on something that is relevant to the task at hand

Audiation: the comprehension and internal realization of music, or being able to hear or feel sound when it is not physically present

Cognition: the mental action or process of acquiring knowledge and understanding through thought, experience, and the senses

Declarative learning: learning by following verbal instructions

Dissociative focus: focusing on something that is not relevant to the task at hand

Motor skill: a skill involving movement

Movement efficiency: refers to energy expenditure: the less energy expended during execution of a sport skill, the more efficient is the movement

Explicit learning: learning, which generates verbal knowledge of movement performance (e.g. facts and rules)

External focus: focus on the intended result of one's movements

Implicit learning: learning that occurs without the person's awareness

Internal focus: focusing on the movements of the body

Music-making: playing or singing music

Procedural learning: learning by doing

Self-efficacy: one's belief in one's ability to succeed in specific situations or accomplish a task. Self-efficacy is also defined as a person's capacity to bring about a desired result.

“People think focus means saying yes to the thing you’ve got to focus on. But that’s not what it means at all. It means saying no to the hundred other good ideas that there are. [...] You have to pick carefully.”¹

“Intention unites desire and action.”²

¹ Steve Jobs, keynote speech, WWDC Conference, May 1997

² Vadim Zeland (2012), *Reality transurfing*