

UND Music Professional Development Mini-Conference

October 6-7, 2023

Hughes Fine Arts Center, University of North Dakota

| Friday, October 6 | | | |
|-------------------|---|--|---|
| 1:00-1:15 pm | Welcome, Registration/Check-In (Room 258) | | |
| 1:15-2:15 pm | Whitney Mayo - Backward Design (Room 258) | | |
| 2:30-3:30 pm | Justin Montinge - Solfege Salad (Anna Mae Room) | Immanuel Davis - Alexander Technique (Room 258) | Instrumental Studio (see below) |
| 3:30-4:20 pm | Jenna Gratton - MT Strategies for the Elementary Music Room (Anna Mae Room) | | Vocal Studio (see below) |
| 4:30-6 pm | Dinner on your own | | |
| 6-6:50 pm | Whitney Mayo - Meaningful Assessment in Ele Music (Room 258) | Jim Popejoy - Jazz Improvisation (Room 128) | Isaac Lovdahl - The Choral Conductor-Composer (Room 158) |
| 7-7:50 pm | Chris Gable - Stealth Music Theory (Room 258) | | |

| Saturday, October 7 | | | |
|---------------------|--|--|---|
| 9-9:50 am | Melanie Popejoy and Whitney Mayo - Trends and Issues in Music Education (Room 258) | | |
| 10-10:50 am | Whitney Mayo - PreK Props on a Dime (Room 258) | Scott Sandberg - Single Reed Section (Room 128) | Mary Ann Devig - Community Music (Room 158) |
| 11-11:50 am | Ruth Ann Tuseth & Annella Winger - Ele Music Reading (Room 258) | Jim Popejoy - 10 Steps (Room 128) | Anne Catarin - Piano Injury Prevention (Room 220) |
| 12-1:30 pm | Lunch on your own | | |
| 1:30-2:20 pm | Melanie Popejoy & Anne Christopherson - Vocal Health for the Music Educator (Room 258) | | |
| 2:30-4 pm | GFPS Teacher Share (Room 258) | Lisa Bost-Sandberg - Flute Intonation (Room 128) | Anne Christopherson - Breathe to Thrive & Mindfulness and Movement (Room 158) |
| 4:15-5:00 | Whitney Mayo - Bringing It All Together: Reflection, Review, and Next Steps (Room 258) | | |

Session Details

Friday, October 6

1:15-2:15 pm

Beginning at the End: Planning with Backward Design - Dr. Whitney Mayo

Planning is an essential component to finding success. In this session, Dr. Mayo will share information on backward design for instructional planning and guide participants through practical applications.

2:30-3:30 pm

Instrumental Studio - Visit one of UND's Instrumental Studio Classes

High Brass - Dr. Cory Driscoll (Room 128)

Low Brass - Dr. Joel Pugh (Josephine Campbell Recital Hall)

Single Reeds - Dr. Scott Sandberg (Room 158)

Percussion - Dr. Jason Kihle (Room 148)

Solfège Salad - Dr. Justin Montigne

This workshop will dive into all aspects of using solfège as a tool for warmups, musicianship, aural skills, repertoire, and fun with singers of all levels. Participants will sing continuously throughout the session, and will leave with tips and tools for use in their own classrooms and rehearsals.

2:30-4:00 pm

The Alexander Technique - Dr. Immanuel Davis

Guest Artist Dr. Immanuel Davis joins us to present an Alexander Technique class. As described by the American Society for the Alexander Technique (AmSAT), this long-standing educational method has been used by musicians, actors, and dancers as it provides a means to reduce tension, prevent overuse injuries, allow for greater ease and efficiency, improve tone quality, and enhance emotional expression. Dr. Davis is the Associate Professor of Flute at the University of Minnesota and an AmSAT-certified Alexander Technique teacher.

3:30-4:20 pm

Practical Tools and Thoughts from a Music Therapist to Help Create a More Inclusive Music Classroom - Jenna Gratton

Jenna Gratton is a 2016 UND Graduate with degrees in Music Therapy and Piano Performance. She has also earned a Master of Science in Music Therapy from Indiana University-Purdue University Indianapolis. Her experience as a freelancing Music Therapist in the Grand Forks area gives her a unique “one-to-one” perspective on meeting our citizens' physical, emotional, social, cognitive, and academic needs using music.

Vocal Studio

Dr. Anne Christopherson (Room 158)

Dr. Justin Montigne (Josephine Campbell Recital Hall)

4:30-6:00 pm - Dinner on your own

6:00-6:50 pm

Designing Meaningful Assessment in Elementary Music - Dr. Whitney Mayo

A good assessment provides feedback for the student and information for the teacher. In this session, Mayo will discuss assessment strategies and guide participants through constructing meaningful rubrics that support student learning and reflective practice.

“Getting Started with Jazz Improvisation” – Dr. James Popejoy

This “hands-on” session will take music educators through various steps for introducing jazz improvisation to their students. Building on base knowledge students should already possess (such as the Bb concert scale, dynamic and articulation contrasts, etc.), this session will focus on a layering approach to provide early success in exploring the art of improvisation. Teachers are encouraged to bring an instrument with them to the session.

The Choral Conductor-Composer: A Symbiotic Relationship of Musical Disciplines - Dr. Isaac Lovdahl

As choral conductors, we often have to be highly resourceful and creative when programming for the specific needs of our ensembles. There is immense utility in learning the skill of music composition as a choral conductor. Need a piece with a specific and unusual voicing? Have a great arrangement of a piece but one particular vocal line doesn't quite work for your ensemble makeup? You already have the choral expertise, and this expertise can be translated into compositions/arrangements that are meaningful, relevant, and tailor-made for your choirs!

7:00-7:50 pm

Stealth Music Theory: Teaching Music Fundamentals to Kids through Popular Music - Dr. Christopher Gable

Children are exposed to popular music on a regular basis, even from an early age. It is the music that they connect most easily to, even if they are learning a traditional band or orchestra instrument and may not directly play in those styles. Many music theoretical concepts are audible in various popular music genres, including chord progressions, melodic shape, phrase structure, poetic meter, tempo, meter, mixed and asymmetrical meter, and so on. In this session, Dr. Chris Gable will share his experiences in teaching non-musicians and musicians about the “secret” music theory concepts that are part of many popular songs. Many of these musical elements are perceivable even without extensive musical knowledge; it’s just a matter of deeper listening.

Saturday, October 7

9-9:50 am

Trends and Issues in Music Education: An Interactive Discussion of the Profession - Melanie Popejoy and Dr. Whitney Mayo

In this session, Popejoy and Mayo will facilitate group discussion about the trends and issues facing music educators today.

Topics will include equity and inclusion, legislation, classroom management, community engagement, and matters arising.

10-10:50 am

PreK Props on a Dime: Budget-Friendly Ways to Include Manipulatives in EC and Ele Music - Dr. Whitney Mayo

Participants will discover innovative and affordable ways to incorporate props into early childhood music lessons. They will experience lesson samples and activities that can be immediately applied to lessons on Monday morning and discover new ways to recycle and reuse materials into classroom props and manipulatives. This session will consist of both direct teach opportunities and participation learning. Attendees can expect to be on the floor engaging in the activities using props and manipulatives to enhance the lesson.

Making the Most of Your Single-Reed Section - Dr. Scott Sandberg

In this session, Dr. Scott Sandberg will discuss a variety of nuances that pertain to clarinet and saxophone. Topics will include assembly, embouchure, tone production, technique, instrument care, accessories, and more. There will also be time reserved for questions.

The Unforgettables: The Chorus That Defies Dementia Through Singing - Mary Ann Devig

Many inventions and initiatives are created out of a need. The need hit close to home for Mary Ann Devig. Combining her deep love for her husband, her RN degree, and their combined passion for music, she founded a Grand Forks music ensemble called “The Unforgettables,” a choir for people diagnosed with any form of dementia and their caregivers. She shares her story of how this group came to be in order to create more awareness of music’s healing power and inform Grand Forks citizens with family members who could also be served by this organization.

11-11:50 am

Unison & 2 Part Octavo Gems in the Choral Lit Crown - Ruth Ann Tuseth & Annella Winger

In the realm of choral literature it can be difficult to find great teaching pieces for your young singers. Grand Cities Children's Choir Conductors and Retired Educators, Ruth Ann Tuseth & Annella Winger have sorted through a large amount of literature over the years. For this session they will lead participants in a reading session of 12 unison & 2-part octavos that are tried and true, and work well for an elementary or middle school chorus.

“10 Steps for Success with EVERY Piece!” – Dr. James Popejoy

Most music educators would agree that the literature we select serves as the textbook for our secondary ensembles. With this in mind, it is vital that each piece provide a successful experience for our students. This session will provide a step-by-step process to assist conductors of all ensembles in achieving this important goal.

Music Educator Keyboarding in the Classroom: Avoiding Pain and Injury - Anne Marques Catarin

Music educators may not always have an accompanist to provide for keyboarding needs. As their focus shifts to student response rather than their own playing, music educators may be carrying unnecessary tension for prolonged periods. In this lecture, I will discuss foundational posture concepts and share practical tips and exercises for avoiding piano-related pain and injury.

12-1:30 pm - Lunch on your own

1:30-2:20 pm

My Vocal Health Journey: I Have Charted a Course For You **NOT** To Follow! - Melanie Popejoy and Dr. Anne Christopherson

On my vocal journey, I wish I could tell you that I didn't ignore the signs along the way, but in fact I did. I thought the signs would be more noticeable and that I wasn't going off course. I wish I could tell you that even when I felt the painful reality of what was going on I stopped using my voice, but in fact I didn't. In this session we are going to talk about vocal health, dispel some myths, address how to recognize the signs, and learn some exercises to keep in your “glove compartment.” Dr. Anne Christopherson has been a part of helping me make a “u-turn” and will be assisting with this presentation.

2:30-4 pm

GFPS Elementary Music Teacher Share - Anna Benson, Amy DeWitt, Jonathan Mayo

Grand Forks Public School elementary music teachers Benson, DeWitt, and Mayo share some of their favorite activities from their classrooms. Come ready to sing, dance, and play!

Establishing a Foundation for Improved Flute Intonation - Dr. Lisa Bost-Sandberg

Inconsistent flute intonation is a frequent challenge in bands, and often, the careful adjustments made are lost by the next rehearsal, if not the next moment! When helping a section, Dr. Boat will tackle the issues that get in the way of stabilized intonation: posture, embouchure, air usage, tone, and vibrato. This clinic presents simple strategies to improve a flute section of any age and ability level.

Breath to Thrive & Mindfulness and Movement - Dr. Anne Christopherson

Attendees will learn about the breathing process and different breathing patterns to manage stress or anxiety. Dr. Christopherson will facilitate group exploration, assisting educators with focus and balance for themselves and their students. In the second half of this session, participants will explore mindfulness and movement practices that can be used for both the classroom and the educator. These practices can inspire full self-expression, promote creativity, and increase energy.

4:15-5:00

Bringing It All Together: Reflection, Review, and Next Steps - Dr. Whitney Mayo

In this session, Dr. Mayo will guide review and reflection of the conference sessions. Participants will be asked to review their experiences and provide feedback.