



Stefan Swaans
B.S CS 2018



David Mora
B.S CS 2018



Khoi Le
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



Capacity
For Improvement

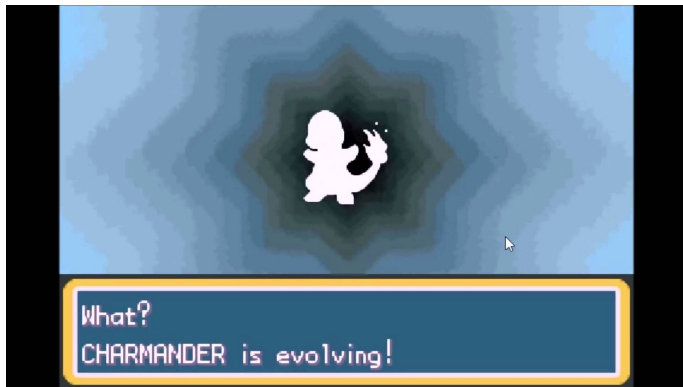
Make Practice
A Reward





Musical
Pokémon

Musical Pokémon



- Start with a simple piece of music
- As progress is made → Evolve!
- Intrinsic reward of mastering > pokemon 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,**

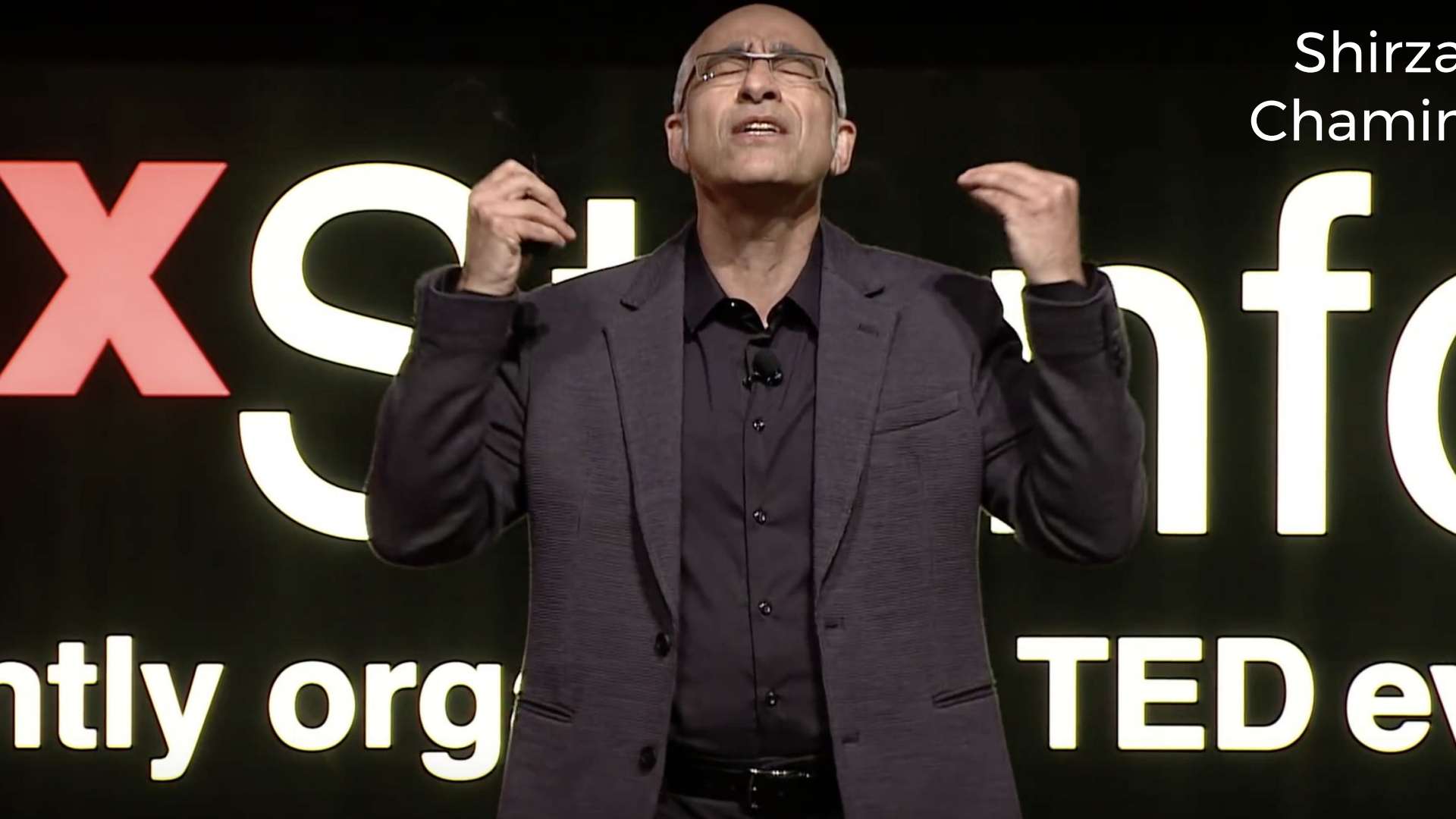
leveling up

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



Inner Critic vs. Affirmer

Shirza
Chamin



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



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
- Reluctance → Fun, engagement
- Normal practice + urgency, exploration, incentive

Practice Grind → Practice High

