

The Kentucky Association of College Music Departments Presents:

TEACHING PERFORMANCE PSYCHOLOGY AT THE UNIVERSITY LEVEL

Dominique Bellon, DMA

Conference of Kentucky Music Educators Association

Hyatt Regency Hotel, Louisville KY

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Topics covered in this presentation:

- Overview of sport/performance psychology and its application to music performance
- Discussion of my experience teaching performance psychology to a varied population of students
- Overview of the topics I cover in my classes—perspective and attitude; focus; goal setting; energy levels; performance anxiety; injury prevention and stretching; visualization; and audition preparation—and the format I use to cover the material.
- Use of “Performance Self-Evaluation Projects”



***Dominique Bellon** is a professional oboist, teacher and specialist in performance psychology. She holds a doctorate in Oboe Performance from Arizona State University, a Master's in Oboe from the Cincinnati Conservatory and a B.Mus in Honors Composition from McGill University. Her doctoral research, which was a study on the application of sport psychology to music performance, led her to teach graduate and undergraduate courses in performance psychology at the Glenn Gould School of the Royal Conservatory of Music in Toronto, at University of Ottawa and at Eastern Kentucky University. She also regularly gives lectures on the topic of performance psychology at various Canadian universities, junior colleges and professional organizations. Additionally, she has presented papers at national and regional conferences of College Music Society. Dominique's teaching experience includes teaching oboe privately for many years and teaching oboe and chamber music for the Arizona State University Herberger College at Large.*

Dominique Bellon is an active oboist performing solo, chamber and orchestral music. She has held a position as Principal Oboe of Orquesta sinfonica de Guanajuato (Mexico)

and was a member of the Orlando Philharmonic Orchestra. She has also played with many ensembles in Quebec including I musici de Montréal, l'Orchestre symphonique de Trois-Rivières and l'Orchestre philharmonique du nouveau monde. As a chamber musician Dominique premiered a work for oboe/English horn and percussion commissioned by the Kentucky Music Teachers' Association for their annual conference in the fall of 2011.