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# IADMS Education Committee

## The IADMS Bulletin for Teachers Handout 3(2)A 2011

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### Helping Dancers Thrive and Feel Motivated:

*Creating a task-involving atmosphere in the studio*

- **Focus on self-improvement** – emphasize the learning process more than a specific outcome. Make goals focused on self-improvement and not dependent on the behavior of others.
- **Mistakes are OK** – they are part of learning! Help dancers be tolerant of their own mistakes so that they feel eager to try new things, and understand that it's ok not to be perfect.
- **Give dancers choices** – ask for input on combinations, choosing partners, how many times to repeat an exercise, or other areas. Small choices can make a big difference in helping dancers feel involved!
- **Emphasize collaboration** – have dancers work together, mix up groups so they are not always with the same people, and give them the opportunity to cooperate and learn together.
- **Provide positive feedback** – hearing that you're on the right track can go a long way. Remember to point out areas that dancers are doing well in, focusing on positive and constructive feedback ahead of negative comments.
- **Everyone counts** – whether it's in the classroom or on stage. Let each dancer know they matter to the success of the class, school or performance.
- **Give dancers equal attention** – pay attention to everyone in class. If you have students demonstrate in front of each other, mix up whom you call on and make sure they all get a turn. Everyone has something to contribute and everyone can learn from others.

