

Fine Arts Fest - Region 16/17
&
WTAMU Band Camp
Director's Workshop

Atomic Habits:

How Small Adjustments in Planning
Generate Massive Changes in Rehearsal

Eric Rath, Canyon High School

#1 NEW YORK TIMES BESTSELLER

Tiny Changes, Remarkable Results

Atomic Habits

An Easy & Proven Way
to Build Good Habits
& Break Bad Ones

OVER
4 MILLION
COPIES
SOLD

James Clear

Atomic Habits Cheat Sheet

01

Obvious

Make your habit environmental.

02

Attractive

Pair the "Have To's" with the "Want To's."

03

Easy

Reduce Friction and Reframe your Narrative.

04

Satisfying

Give yourself Immediate Rewards for your Habits.

05

1%

Focus on Small Improvements.

06

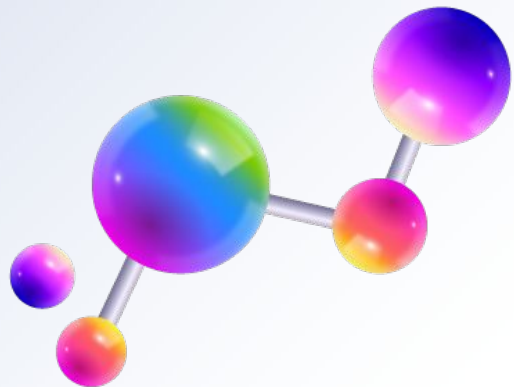
Systems

Focus on the Process, not the Outcome.



Personal Life





In the Band Office





In the Band Office (non-teaching)



Email

Scheduled - 3 times a day
& Off of my phone
(boundaries)

Office Hours

Parental & Student
access to me is
purposely limited.

Score Study

Create a conducive
environment and a regular
time.

Communication

Weekly Emails
on Sundays,
Google Doc on Monday

To-Do List

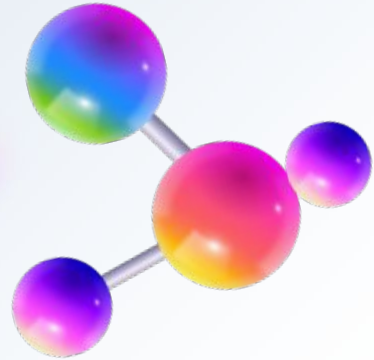
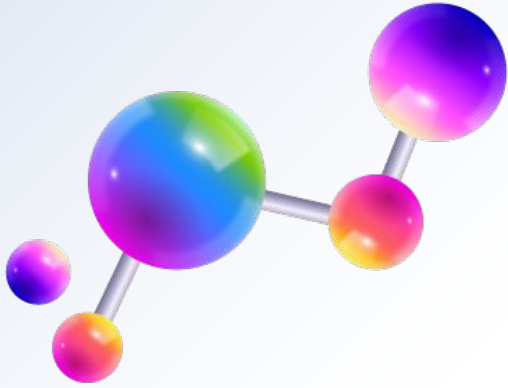
A pinned Google Doc on
Chrome that focuses on
"the macro."

Lesson Plans

"Today's Rehearsal is
Tomorrow's Lesson Plan."



On the Podium/ In the Classroom



Atomic Rehearsal Habits



1st Six Weeks

Sets the tone for the entire year.



Every Minute

No time to waste.
Sense of Urgency.



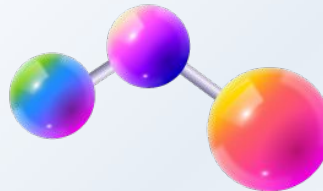
Individuals

Normalize listening to individuals, daily.



Most Important

Those currently in your class.



Look for the 1% “Atomic” Change



A Few Metronome “Tricks”

- Place in the back of the room. Pulse from percussion.
- Lower Volume (only as loud as necessary)
- Add/Remove Subdivision
- Check Tempo, STOP, then Conduct.
- Start Conducting, THEN add the Met.
- Try Different Sounds (TE Tuner: Drumjam 808)
- Use Halftime Drum Loops (YouTube or “Live”)
- Engage Students to Count/Subdivide



Look for the 1% “Atomic” Change



Met Management

The tool we LOVE to overuse.



In the Zone

Get off the podium and get in the trenches.



Ask Questions

Engage student learning by utilizing the Socratic Method.



Thank you!

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