



Music Ed Insights



Three Insights to take with you from... **Student Leadership with Matthew Arau**

Be crystal clear about what is expected moment to moment.

- Character
- Competence (skills and abilities)
- Connection with others
- Clarity (clear vision and clear communication)
- All four can be developed, and all require practice.

When struggling to stay positive, consider...

- Meditation and breathing
- Expressing gratitude for things large and small
- It requires practice and attention for most
- Making your self-talk more consistently positive

Remember that student leaders need:

- Teachers being a role model
- Ongoing support and coaching
- Clear roles and responsibilities

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