

AMEA Conference 2021

Title: Self-Care During a Pandemic: Creative and Mindful Strategies for Teachers and Students to Build Resiliency and Acceptance in Our “New Normal”

Proposal: Teachers are being asked to perform and adapt at astounding levels every single day, especially when it comes to reimagining music education. While the nature of our teaching has been altered in so many ways and we are all adapting to a “new normal,” our bodies and our minds are experiencing high levels of stress and even trauma on a recurring basis. Self-care through emotional and thought awareness, mindfulness, and creative classroom strategies is essential to staying healthy, both physically and mentally, during this intense time in our careers. This workshop will discuss ways for teachers to develop strong coping skills and resiliency for themselves and students through understanding our complex emotional reactions to our everyday tasks, identifying strategies for incorporating mindfulness throughout our hectic schedules, and encouraging ourselves to meet the unexpected and the ever-changing challenges with a sense of ease, flexibility, and acceptance.

Bio: Amy Swietlik recently relocated to the Boston, Massachusetts area and is currently teaching general music classes for 6th through 10th grade students at an International School. She spent 2015-2020 teaching general music and band at a Title 1 elementary school in the Osborn School District in Phoenix, Arizona. She was also a TAP Mentor teacher on her campus, part of her school administrative leadership team, and led several mindfulness in education initiatives for teachers and students. Amy regularly leads professional development and has had the opportunity to present about mindfulness and culturally responsive teaching at various conferences, including the Society for Ethnomusicology Annual Conference, the Arizona Music Educators Association Conference, and the Arizona Department of Education Title IV-A Symposium. Amy holds a Master of Arts Degree in Ethnomusicology and a Bachelor of Music in Music Education from Arizona State University.