

Everything Flows: Interview Findings

Quotes From Interview May 2015

JAMESTARLING • MAY 23, 2015

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FLOW AT COLLEGE

when real-life situations are set up
and you feel like you have to
perform at your best e.g.
community gigs

you know it's important, it's not
practise anymore

not afraid of looking like an idiot

really prepared/confidence vs
under-prepared serendipity

love what you're doing

when teacher shows passion

build your flow in comfort zone at
college enabled me to transfer this
into a more challenging context
and fly through!

preparation prior to
practise/performance

need to be stress free to get into
flow, college is not relaxing for me
working on a big creative project
over time

lessons, because they're so short, I
can't get into it

distraction of talking to others or
other people talking

more relaxed working
environment: fridge, kettle, breaks
when it feel appropriate

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WHAT COULD COLLEGE DO?

help with self-consciousness, build
on success

safety, trust, treat us like an adult

smaller class sizes

being able to see your teachers
passion and focus

teachers who live for the question

longer sessions across whole days

9-5, personally I'd be in five days a

week

not a strict timetable

real industry-based projects and situations

activity days; come up with a product

projects with end goals

challenge days with competitive element

set free to be the best you can be

no powerpoint and too much talking

integrated, joined up structure to lesson where everything flows into everything else

tangents are good; shows us the teacher is listening and engaged with us

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EXPERIENCES OF FLOW

the work does itself

the music tells you what to do

need to be challenged to experience it

i become it (the work)

attention focused on one thing,
forget to eat!

a feeling when you know what
you're doing is right

its about letting go

someone else is playing it

real flow feel new

not about how good but about how
dedicated you are

feel flow when someone else is
playing well