

Dr. Brenda G. Wristen
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University of Nebraska—Lincoln
108 Westbrook Music Building
Lincoln, NE 68588-0100
(402) 472-1438

DEGREES AND CERTIFICATIONS:

Ph.D. in Fine Arts (interdisciplinary) with a major in Piano Pedagogy, Texas Tech University	1998
M.M. with a major in Piano Pedagogy, Texas Tech University,	1995
B.A. in Music, Summa Cum Laude, Lubbock Christian University	1993
N.C.T.M. (Nationally Certified Teacher of Music, Music Teachers National Association)	2002
K-12 Texas Teacher Certification	1993

UNIVERSITY TEACHING AND RELATED EXPERIENCE:

Associate Professor and Director of Piano Pedagogy/
Coordinator of Keyboard Skills,
University of Nebraska—Lincoln

Aug. 2001 to present

Responsibilities: Coordinate and administer piano pedagogy programs, all keyboard skills (class piano) courses and students, and secondary applied piano; Teach all piano pedagogy courses; Curriculum development; Supervise Graduate Teaching Assistants; Advising; Recruiting; Faculty advisor of student MTNA chapter; Coordinate and teach in Community Piano Experience (including supervision of teaching interns); Maintain nationally visible research agenda

Assistant Professor of Music (Piano),
Chadron State College

Aug. 1998 to 2001

Responsibilities: Recruiting; Mentoring; Advising; Establishment and coordination of student accompanying program; Policy and curriculum development; Assist in developing music degree programs; Perform physical maintenance of electronic keyboard lab; Oversee maintenance on all acoustic pianos

Service: Led initial effort to obtain NASM accreditation (incomplete at time of departure); Accompanying coordinator; Remediation of score and recordings library holdings; Accompanying faculty performances; Search committees as assigned, Facilitator for various distance broadcasts at Chadron site; Teaching piano students from the community; Adjudicating for area piano contests; Recruiting via various departmental events (recitals, phonathons, letters and other personal contact, etc.)

Assistant Coordinator of Group Piano, Texas Tech University	1997-1998
Graduate Part-Time Instructor, Texas Tech University	1994-1998
Staff Accompanist, Lubbock Christian University	Spring 1998
Continuing Education adult piano classes, Texas Tech University	1993-1994
Private Studio Experience, All levels	1992-1995
Internships with master teachers: Jay Stewart, Marihelen Snow, Carol Masson	1992-94

UNIVERSITY COURSES TAUGHT:

Piano Pedagogy:

1. Foundations, and Philosophies, and Theories: Examines the history, materials, and methodologies of piano pedagogy from a perspective of wellness promotion. Considers special issues pertaining to teaching beginning, intermediate, and advanced students. Includes observation experience and a supervised teaching practicum.
2. Approaches to Studio Teaching: Focuses on issues pertinent to studio piano teaching, including business issues, with an emphasis on developing effective strategies for teaching selected musical and technical skills. Includes observation experience and a supervised teaching practicum.
3. Pedagogical Literature and Materials: Detailed examination of teaching methods and literature. Students will learn to identify musical/interpretive and technical challenges in literature, and develop strategies for sequencing teaching literature. Includes observation experience and a supervised teaching practicum.
4. Group Teaching and Research/Writings (Document): Considers issues of teaching piano in group settings, including relational dynamics and curricular issues. Individual research and writing on selected topic of interest serves as culminating experience for piano pedagogy course sequence. Includes observation experience and a supervised teaching practicum.

5. Teaching the Intermediate Student (course not part of current curriculum)

Class Piano: Class piano levels 1,2, 3, and 4 for music majors; Keyboard Skills for piano majors; Class Piano for elementary education majors specializing in music; Class Piano 1 and 2 for non-music majors; Continuing Education Piano; Community Piano Experience

Applied Studio Piano

Occupational Health and Wellness for Musicians (Spring 2009)

Independent Studies: Building Healthy Piano Technique, Supervised Studio and Group Teaching, Applied Pedagogical Literature, Arm Weight and Piano Technique: Historical Perspectives

Music Literature and History: Music Literature : Concerto and Symphony; Music Literature : Instrumental and Vocal Genres; Music History to the Renaissance; Music History: Baroque through Twentieth-century; Elements of Music (music appreciation)

PROPOSALS AND GRANTS:

Hixson-Lied Travel Grant Present paper at International Society of Music Education Biannual meeting Amount=\$1392	July 2008
Academic Senate Convocations Grant Fund guest lecture by Dr. Samuel Holland (Southern Methodist University) "What Makes a Good Music Lesson?" Amount=\$500	October 2007
Hixson-Lied Travel Grant Present work at National Conference on Keyboard Pedagogy Amount=\$650	August 2007
Hixson-Lied Faculty Travel Grant Present paper at Music Teachers National Association Amount=\$680	Jan. 2006
Hixson-Lied Faculty Travel Grant Present paper at Performing Arts Medicine Association Amount=\$860	Jan. 2006
Hixson-Lied Faculty Travel Grant Present poster and abstract at National Conference on Keyboard Pedagogy Amount=\$565.00	Aug. 2005

University of Nebraska Research Council, Interdisciplinary Grant. <i>Electromyographic Study of Muscle Activity in Small-Handed Pianists: The 7/8 Size Keyboard Versus the Conventional Keyboard.</i> Primary Investigator: Brenda G. Wristen, Ph.D. Co-Investigator: L. Susan Hallbeck, Ph.D. (UNL Dept. of Engineering) Amount awarded: \$20,000.00	2005
Hixson-Lied Faculty Research Grant <i>Electromyographic Study of Muscle Activity in Small-Handed Pianists: The 7/8 Size Keyboard Versus the Conventional Keyboard.</i> Amount awarded: \$5000.00	2005
Hixson-Lied Research Travel Grant to present paper at Music Teachers National Association. Amount \$950.00	Apr. 2005
University of Nebraska Research Council Grant-In-Aid <i>Motion Analysis of Piano Technique in Performance Versus Sight-reading Tasks</i> Primary Investigator: Brenda Wristen, Ph.D. (UNL School of Music) Co-investigator: Sharon Evans, Ph.D. (UNL Dept. of Educational Psychology) Awarded \$6297.00	2003
Hixson-Lied Research Travel Grant Presentation of Paper at Music Teachers National Assn. meeting Amount awarded=\$380.00	2002
Professional Development Grant (Chadron State College) Awarded \$600.00 to present paper at College Music Society Meeting	1999-2000
Proposal to implement comprehensive music listening library and score collection (Chadron State College) Awarded \$2000.00	Fall 1999
Proposal to hire staff accompanist, (Chadron State College) Awarded \$1500.00	Fall 1999
Professional Development Grant (Chadron State College) Awarded \$850.00 to present paper at Annual Conference of Performing Arts Medicine Association	1998-99

DISSERTATION TOPIC:

"Overuse Injuries and Piano Technique: A Biomechanical Approach."

There is much to be learned in the examination of piano technique from a biomechanical/ergonomic approach. This project involved examining various technical skills, such as the execution of scales, arpeggios, trills, etc. and breaking these complex patterns down into their constituent motions. Common sites of injury, along with relevant medical, ergonomic, and biomechanical studies, were reviewed to identify potentially harmful motions. A biomechanical norm was established for each skill, taking into consideration environmental, morphological, and anatomical constraints. For each skill, a checklist was developed delineating each separate anatomic motion; instructions were provided so that piano teachers may use these checklists to perform qualitative analyses of individual students. The use of such checklists may help prevent the development of injuries, and will also help players who are rehabilitating or improving technique.

CURRENT/ONGOING RESEARCH AND CREATIVE ACTIVITY:

1. Holistic Health of University Student Musicians
2. Teacher Behaviors and Other Factors that Motivate Adult Recreational Musicians.
3. Development of grant potentials for establishing a center for musician wellness in keeping with research already completed.

PUBLICATIONS:

(Note: * indicates refereed publications)

*Wristen, B., Hallbeck, M.S., Wismer, A, and Trejo, A. The 7/8 Piano Keyboard: An Attractive Alternative For Small-Handed Players. Submitted to *Update: Applications of Research in Music Education* February 14, 2008, rev. June 2008.

Wristen, Brenda, Editor. (June 2007) Musician Wellness Curriculum, 2nd Ed. Published online by Frances Clark Center at <http://www.francesclarkcenter.org/NationalConference.html>

Wristen, Brenda. (*invited*) (Winter 2007). "Adding or changing fingering should relate to individual student needs." *Keyboard Companion*.

* Hallbeck, M.S., Wristen, B.G., Jung, M.-C., Trejo, A.E. and Wismer, A.K.G. "Muscular Activity and Comfort in Small-Handed Pianists: A Comparison of a 7/8-Sized Keyboard and a Full-Sized Keyboard." Submitted to *Applied Ergonomics* October 2006.

* Wristen, Brenda (Oct/Nov. 2006). "Demographics and Motivation of Adult Group Piano Students." *Music Education Research*.

*Wristen, B.G., Jung, M.-C. Wismer, A.K.G., and Hallbeck, M.S. "Assessment of Muscle Activity and Joint Angles in Small-Handed Pianists: A Pilot Study on the 7/8 Size Keyboard versus

- the Full-sized Keyboard” *Medical Problems of Performing Artists* v. 21 no 1(Mar 2006): 3-9.
- * Wristen, Brenda, Sharon Evans, and Nicholas Stergiou.(Mar. 2006) ”Sight-Reading Versus Repertoire Performance On The Piano: A Case Study Using High Speed Motion Analysis.” *Medical Problems of Performing Artists* v. 21 no. 1: 10-16.
- *Wristen, B. (Fall/Winter 2005). “Cognition and Motor Execution in Piano Sightreading: A Review of Literature.” *Update: Applications of Research in Music Education* 24 (1): 44-56.
- *Wristen, B, Wismer, AKG, and Hallbeck, M.S (2005). Assessment of Muscle Activity and Joint Angles in Small-Handed Pianists: A Pilot Study on the 7/8 Keyboard Versus the Full-Sized Keyboard. *Proceedings of the Human Factors and Ergonomics Society, 49th Annual Meeting*, 1752-1756.
- *Wristen, Brenda (June/July 2005). “Pedagogical Tools for Preparing and Performing Open Scores.” *American Music Teacher* 54 (5):28-32.
- *Wristen, B, and Lora Deahl (June/July 2003). “Strategies for Small-Handed Pianists.” Co-authored with Lora Deahl. *American Music Teacher* v. 52 no. 6: 21-25.
- Wristen, B. and Lora Deahl (Autumn 2002). Invited Journal Article: “What are Some of the Problems Faced by Small-Handed Pianists?” *Keyboard Companion* v 13, no. 3: 16, 18.
- Wristen, B (Oct./Nov. 2002).Invited Professional Commentary: “Ages and Stages: What Do You See? The Young Child and Elementary-Aged Students.” Music Teachers National Association, Pedagogy Saturday VI Proceedings. *American Music Teacher* v. 52 no. 2: 47-48.
- * Wristen, B (June 2000) “Avoiding Piano-Related Injury: A Proposed Theoretical Procedure For Biomechanical Analysis of Piano Technique.” *Medical Problems of Performing Artists*, 15, no. 2: 55-64.
- *Wristen, B. (Oct/Nov 1999). "Helping The Inexperienced Pianist Collaborator." *American Music Teacher*: 27-29.
- *Wristen, B. (Sept 1999). "Technical Exercises: Use Them or Lose Them?" *Piano Pedagogy Forum*, an online journal published by the University of South Carolina website: <http://www.music.sc.edu/departments/piano/ppf/> Vol 2, no. 3.
- *Wristen, B. (July 1996). "Fitness and Form To Reduce Injuries." *Clavier*: 26-28.

PAPERS/CONFERENCE PRESENTATIONS:

- *Wristen, B. "Teacher Behaviors and Other Factors That Motivate Adult Recreational Musicians." International Society of Music Education (biannual meeting), Bologna, Italy (July 23, 2008).
- Wristen, B., Alpert-Lehrer, P., et al. Integrating Wellness Principles into College Pedagogy and Performance Curricula. National Conference on Keyboard Pedagogy, (Aug. 1, 2007).
- *Wristen, B. Efficacy of the 7/8 Piano Keyboard among Adult Small-Handed Expert Pianists." 24th Annual Symposium of the Performing Arts Medicine Association, in association with the Aspen Music Festival and School, Aspen, Colorado (June 22, 2006).
- *Wristen, B. "The 7/8 Keyboard and the Small-Handed Pianist: Muscle and Joint Activity in Small-Handed Pianists." Music Teachers National Association, Austin, TX (Mar. 28, 2006).
- *Wristen, B., Wismer AKG, and Hallbeck MS. "Muscular Forces and Joint Angles in Small-Handed Pianists: A Pilot Study on the 7/8 Keyboard Versus the Conventional Keyboard." Human Factors and Ergonomics Society, Orlando, FL (Sept. 28, 2005).
- *Wristen, B., Stergiou N, and Evans S. "Using 3-Dimensional Motion Capture Technology to Describe and Assess Piano Technique: A Case Study." National Conference on Keyboard Pedagogy, Chicago, IL (August 6-8, 2005).
- * Wristen, B. "Upper Body Motion in Piano Sight-reading." Music Teachers National Association, Seattle, WA (April 6, 2005).
- *Wristen, B and Lora Deahl. Invited Paper: "Small Hands, SOS! Circumventing Injury and Succeeding at the Piano" Music Teachers National Association, Cincinnati, Ohio (March 20, 2002).
- *Wristen, B. and Lora Deahl. "Strategies for Small-Handed Pianists." Nebraska Music Teachers Association, Omaha, Nebraska (Oct. 25, 2001).
- *Wristen, B. and Lora Deahl. "Strategies for Small-Handed Pianists." The College Music Society, Toronto, Ontario, Canada (Nov. 2-5, 2000).
- *Wristen, B. and Lora Deahl. "Strategies for Small-Handed Pianists" Texas Music Teachers Association, Austin, TX (June 10, 2000).
- *Wristen, B. "Building Pain-Free Piano Technique." Wyoming/Nebraska (combined) Music Teachers Association, Cheyenne, WY (Oct. 15, 1999).
- *Wristen, B. "Relevant Applications of Biomechanics Upon Piano Technique." 17th Annual Symposium of Performing Arts Medicine Association, in association with the Aspen Music Festival and School, Aspen, Colorado (June 27, 1999).

*Wristen, B. "The Perils of Piano Playing: Common Injuries and How to Prevent Them," Texas Music Teachers Association Convention (June 1996).

PERFORMANCES:

"Musical Stories for Children of All Ages,"

Works for solo piano and collaboration with Kate Butler, mezzo-soprano. A program of music by art composers developed for elementary-aged students. Presented through the Arts are Basic Program to selected Lincoln Public elementary schools in May 2008. Program under further development for statewide performance in Spring 2009.

UNL Faculty Recital

Duo piano recital with Dr. Ann Chang-Barnes
New Repertoire: *Sonata K. 448* (Mozart), *Variations on A Theme by Haydn* (Brahms), *Elegante Canyenguito* (Ziegler), *Milonga Del Ángel* (Piazzolla), *Fuga y Misterio* (Piazzolla) Nov. 18, 2007

Nebraska Music Teachers Association Conference (refereed)

Duo piano recital with Dr. Ann Chang-Barnes (repertoire above) Oct. 26, 2007

UNL Faculty Sampler

Beethoven Op. 53 Sonata (performed on 7/8 size keyboard) Sept. 11, 2005

UNL Faculty Recital of Dr. Paul Haar, Saxophone (collaborative)

Feb. 1, 2005

Nebraska Music Education Conference (refereed)

Performed with UNL Percussion Ensemble (collaborative) Nov. 19, 2004

UNL Faculty Piano Recital, Kimball Recital Hall. New Repertoire:

Images, book 2 (Debussy), new selections from *A Calendar Set* (Zaimont), Chopin Ballade in F Minor Op. 52 Oct. 9, 2003

Guest Artist, Doane College

Sept. 30, 2003

Faculty Chamber Recital —Collaborative and ensemble (flute)

Chadron State College, Chadron, Nebraska Oct. 2, 2000

"Adieu to the Twentieth Century," recital held in conjunction with

"Piano Day" Chadron State College. New repertoire:

Nocturne du fin de siecle (Zaimont), Nos. 7 & 11 from

Makrokosmos (Crumb), Sonata No. 3 (Prokofiev),

Preludes Op. 23 Nos. 4 & 5 (Rachmaninoff). Sept. 18, 1999

(Collaborative): Faculty trumpet recital of Dr. Sheryl Linch

Chadron State College Feb. 22, 1999

World premiere of "Passacaglia" by Gary Belshaw, Lubbock, TX Dec.8, 1998

Ph.D. Recital, Texas Tech University, Lubbock, TX .
 Program: *English Suite No. 3 in G Minor* (Bach); selections from
A Calendar Set (Zaimont); *Sonata No. 5, Op. 38/135* (Prokofiev);
Fantasie in F Minor, Op. 49 (Chopin) Feb. 22, 1998

Guest Artist Recital, Lubbock Christian University , Lubbock, TX Feb. 1998.

Ph.D. Recital, Texas Tech University . Program:
Images, Bk. 1 (Debussy); *Scherzo in B Minor, Op. 20* (Chopin);
A Little Suite For Christmas, A.D. 1979 (Crumb);
Sonata No. 31 in A-Flat Major, Op. 110 (Beethoven). Oct. 1996

Guest Artist Recital, Lubbock Christian University , Lubbock, TX Oct. 1996

Master's Recital, Texas Tech University, Lubbock, TX .
 Program: *Sonata in F, H.XVI:23* (Haydn); *Papillons*, Op. 2 (Schumann);
Le Tombeau de Couperin (Ravel);
Scaramouche (piano duo-Milhaud) Apr. 1995

SERVICE PUBLICATIONS, LECTURES, AND MASTERCLASSES:

- "Introduction to Occupational Health of Musicians" Lincoln Public Schools. Flextime (in-service credit) for Music Educators (Nov. 10, 2008), Lux Middle School.
- "Preventing Piano-Related Injuries." (June 2006). Rocky Ridge Music Camp.
- "The 7/8 Keyboard and the Small-handed Pianist." (April 2006). University of Iowa Piano Festival.
- "Preventing Music-Related Injury." (April 1006). University of Iowa Piano Festival.
- (2005) "How to Manage Time During Practice" published in *World Piano Pedagogy* webzine. In Press
- Moderator, panel discussion: "How To Manage Time During Practice." World Piano Pedagogy Conference, Anaheim, CA (Oct. 26, 2005).
- Article: "It's Time: Start a Collegiate Chapter." *American Music Teacher* (April/May, 2004): 84 ff.
- Lecture: "Promoting Wellness in Your Studio." Lincoln Music Teachers Association, Lincoln, NE. (Feb. 20, 2002)
- Lecture and Masterclass: Cheyenne Music Teachers Association, Cheyenne WY (Nov. 17-18, 2000).
- Guest Lecture: "Building Injury-Preventive Piano Technique." University of Nebraska--Lincoln (Sept.25, 2000).
- Lecture: "Avoiding Playing-Related Injury." American Guild of Organists, Rapid City, SD chapter. (Jan. 15, 2000)
- "Playing Without Pain," and "Experiencing Twentieth Century Piano Literature" (both supported by multimedia presentations). Piano Day, Chadron State College (Sept. 18, 1999).

- Article: MTS Notables (Music Teacher's Supply Newsletter--Omaha, NE , Dec. 1999)
- Lecture: "Preventing Music-Related Injuries: Keys to Success," Chadron State College (Sept. 30, 1998)
- "The Perils of Piano Playing: Common Injuries and How to Prevent Them," Abilene (TX) Music Teachers Association (Jan. 1997).
- "Preventing Common Keyboard Overuse Injuries," Odessa (TX) Music Teachers' Association (Oct. 1996).
- "Pain-free Piano Playing: Preventing Overuse Injuries at the Keyboard," Music Teachers National Association, South Central District (Jan. 1996).
- "Strategies For Healthy Practice and Prevention of Overuse Injuries," Lubbock (TX) Music Teachers' Association (Jan. 1996).

CONSTITUENCIES AND ORGANIZATIONS SERVED, OFFICES HELD:

- Instituted and continue to direct **Community Piano Experience**, a self-supporting program for teaching piano to adults in the community of Lincoln. Also serves as field component for UNL pedagogy program. 2002-present
- National Conference on Keyboard Pedagogy
 - Chair of Pre-Conference on Musician Wellness 2009
 - Chair of Pre-Conference for Collegiate Teachers 2007
 - Chair, Committee on Pianists and Wellness (as of 2004) 2004-present
 - Coordinator/Editor of Wellness Curriculum Project 2003-present
- Nebraska Music Teachers Association
 - Coordinator of Young Artist and Chamber Music Competitions for State level of MTNA 2007-present
 - State Chair of Collegiate Chapters August 2001-Fall 2007
 - NMTA Board Member 2001-present
- Music Teachers National Association
 - Collegiate chapter (UNL) Faculty Advisor Fall 2001-present
 - Chair, Collegiate Chapter of the Year Award Spring 2007-present
 - Pedagogy Saturday Planning Committee 2005
 - Nebraska Coordinator of Young Artist and Chamber Music competitions Spring 2007-present
- Lincoln Music Teachers, Music Outreach Program Spring 2006-Spring 2007
- UNL Academic Senate May 2005-2008

- World Piano Pedagogy Conference September 2005
 - Forum discussion leader
 - Forum presenter
 - Invited article author

- National Group Piano/Piano Pedagogy Forum
 - Discussion group leader August 2004

- UNL, Hixson-Lied College, Alternate for Grade Appeals Committee April 2004-2006

- Volunteer Partners of Lincoln, Emergency Operations Feb. 2004-2006

- Lincoln/Lancaster Emergency Management, CERT team June 2004-2006

- Lincoln Public School District "Shadowed" by Career Education Class students November 2003

- The Landing (retirement community), solo piano recital September 2003

- Brentwood Estates, solo piano recital September 2003

- University Honors Program August 2002
 - Discussion group leader for summer reading program

- UNL School of Music, Great Plains Music Camp instructor June 2002

- Adventure LIED Residency Program, Collaborated in providing lecture/master class venue for Dr. Alfredo Ortiz February 2002

- Piano Day For High School students. Lectures, Masterclass, Ensemble Reading Sessions, and Recital. Chadron State College Sept. 18, 1999

- "Helping Your High School Student Accompanist." Director's seminar at High Plains Band and Choir Festival, Chadron State College Feb. 1, 1999

ADJUDICATING:

- District auditions of Nebraska MTA, Omaha district May, 2007
- District auditions of Nebraska MTA, Lincoln district May 14, 2005
- District auditions of Nebraska MTA, Omaha district May 2, 2004
- Omaha Young Artists Competition, Senior division April 3, 2004
- District auditions of Nebraska Music Teachers Association Festival May 17, 2003
- Omaha Music Teachers, Senior Division of Young Artist competition April 2002
- Mu Phi Epsilon Foundation

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| Adjudicated proposals for Merle Montgomery Doctoral Grant | Spring 2002 |
| • Music Teachers National Asso., Iowa Finals, all levels | Nov. 2001. |
| • South Dakota District Elementary Auditions , MTNA | Sept. 23, 2000 |
| • MTNA certification recitals for Rapid City, SD members | Apr. 29, 2000 |
| • District auditions of Nebraska Music Teachers Association solo Festival and competition, Western NE district | May 7-8, 1999 |
| • Texas Federation of Music Clubs Pastoral Festival | Apr. 4, 1998 |
| • Texas Federation of Music Clubs Pastoral Festival | Apr. 5, 1997 |

HONORS/AWARDS:

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| Discoveries and Breakthroughs Inside Science (Human Ergonomics Society and American Institute of Physics) | October 2005 |
| Who's Who of American Women, 22nd Ed. | 2000-2001 |
| International Who's Who of Professional and Business Women | 2001 |

Graduate:

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| Pi Kappa Lambda Music Honor Society | 1997-present |
| Phi Kappa Phi National Honor Society | 1997-present |
| Phi Kappa Phi Graduate Scholarship | 1997 |
| Graduate Dean's Fellowship | 1995-1998 |
| Sigma Xi National Research Society | 1996 |
| DeVitt/Jones Doctoral Fellowship | 1995-96 |
| <i>Outstanding Master's Thesis,</i>
Southern Conference of Graduate Schools | 1996 |

PROFESSIONAL ORGANIZATIONS:

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| Nebraska Music Teachers Association | 1998-present |
| Performing Arts Medicine Association | 1999-present |
| Music Teachers National Association | 1990-present |
| International Society for Music Education | 2008 |
| College Music Society | 1998-2002 |
| Northwestern Nebraska Music Teachers Association | |
| Vice Pres. and Treasurer | 1999-2001 |
| Nebraska Music Educators Conference | 1999-2000 |