

Dr. Brenda Wristen
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University of Nebraska—Lincoln
343 Westbrook Music Building
Lincoln, NE 68588-0100

DEGREES AND CERTIFICATIONS:

Ph.D. in Fine Arts with emphasis in Piano Pedagogy Texas Tech University	1998
M.M. 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 APPOINTMENTS AND OTHER TEACHING POSITIONS:

Professor of Piano and Piano Pedagogy and Coordinator of Keyboard Skills, University of Nebraska—Lincoln	Aug. 2001 to present
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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 internationally/nationally visible research agenda

Assistant Professor of Music (Piano), Chadron State College	Aug. 1998 to 2001
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Responsibilities: Teach applied and class piano, music history, music appreciation, and music literature. 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; 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

Assistant Coordinator of Group Piano, Texas Tech University	1997-1998
Graduate Part-Time Instructor, Texas Tech University	1994-1998
Accompanist, Lubbock Christian University	Spring 1998
Private Studio Teaching, All levels	1992-present
Continuing Education adult piano classes, Texas Tech University	1993-1994

UNIVERSITY CURRICULAR DEVELOPMENT & COURSES TAUGHT:

Ph.D. in Music (Piano Pedagogy)—Successful curricular design and implementation of new degree. Glenn Korff School of Music, University of Nebraska-Lincoln (Initial N.A.S.M. Approval, Spr. 2014; first matriculate Fall 2016)

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

Chamber Music Coaching

Occupational Health and Wellness for Musicians: Holistic, preventative approach to musicians' health. Topics include: mental health, mind/body connections, physical therapy and kinesiology, hearing loss, vocal health, nutrition, exercise, and the special physical demands and problems of instrumentalists.

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

Music Literature and History (previous institution): 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)

HONORS/AWARDS:

2023 Outstanding Service Recognition Award, Frances Clark Center for Keyboard Pedagogy (National Conference on Keyboard Pedagogy)	July 2023
2019 Outstanding Music Alumna, Lubbock Christian University	Feb. 2019
Hixson-Lied Senior Faculty Achievement in Research and Creative Activity Award	Apr. 2018
Discoveries and Breakthroughs Inside Science research recognition (Human Ergonomics Society and American Institute of Physics)	Oct. 2005
Who's Who of American Women, 22nd Ed.	2000-2001
International Who's Who of Professional and Business Women	2001
Pi Kappa Lambda Music Honor Society	1997
Phi Kappa Phi National Honor Society	1997
Phi Kappa Phi Graduate Scholarship	1997
Graduate Dean's Fellowship	1995-1998
Sigma Xi National Research Society	1996
DeVitt/Jones Doctoral Fellowship	1995-96
Outstanding Master's Thesis, Southern Conference of Graduate Schools	1996

PUBLICATIONS:

(Note: *denotes peer-reviewed publications)

*Wristen, B. and others (under contract, in preparation). Chapter contribution for *Oxford Handbook of Musician Health Advocacy*. New York: Oxford University Press.

*Wristen, B. (in press). "Stacking Engagement Layers to Enhance Group Piano Instruction. "Proceedings of the 2023 National Conference on Keyboard Pedagogy." Kingston, NJ: Piano Education Press.

*Wristen, B. (November 2023). "An Exploratory Study of Relationships between Job Perceptions and University Music Faculty Burnout." *College Music Symposium*, 63 No. 2.

*Wristen, B. (April/May 2023). "Should We Always Change Fingers on Repeated Notes?" *American Music Teacher* (print and online) 72(5): 18-22.

Wristen, B. (Autumn 2022). Invited article: "No Thumbs or Fifth Fingers on Black Keys, Except. . ." *The Piano Magazine* (print and online) 13(3): 48-53.

*Wristen, B. (Autumn 2021). "Burning Brightly Without Burning Out." *The Piano Magazine* (print and online) 13(3): 51-55.

NCKP Committee on Wellness for the Piano (Summer 2021). "Tips for Healthy Remote Teaching." *The Piano Magazine* (print and online) 13(2): 54-55.

*Wristen, B. (Spring 2020). "Let Them Eat Cake! Teaching Piano Using Stacked Engagement Layers." *The Piano Magazine* 12(1): 36-41.

Wristen, B. (Autumn, 2019). Invited article: "Finding Fingerings That Fit." *The Piano Magazine* (Clavier Companion) 11(4): 58-59.

*Deahl, L. & Wristen, B. (equal co-authorship, alphabetical listing) (Nov. 2017) *Adaptive Strategies for Small-Handed Pianists*. New York: Oxford University Press.

Berenson, G, Cockey, L, Cornett, V., and Wristen, B (2017). "Healthy Problem Solving in the Studio." Kingston, NJ: Proceedings of the National Conference on Keyboard Pedagogy.

Berenson, G, Cockey, L, Cornett, V., and Wristen, B (2017). "Help! I Have a Student Who. . ." Kingston, NJ: Proceedings of the National Conference on Keyboard Pedagogy.

Wristen, B. (Aug./Sept. 2014). "Playing Healthy, Staying Healthy: What Every Musician Needs to Know." AMT vol. 64, no 1: 14-16. (Also proposed, planned, and curated this year-long series of articles by various authors on the topic of wellness along with Gail Berenson).

*Wristen, B. (primary investigator & author) and Fountain, S. (Sept. 2013) "Relationships between Depression, Anxiety and Pain in A Group of University Music Students. *Medical Problems of Performing Artists* 28(3): 152-158.

- Wristen, B (June 2013). Response (invited) to Letter to the Editor regarding piano technique, *Medical Problems of Performing Artists*, 28(2): 115-116.
- *Wristen, B. (May 2013). "Depression and Anxiety in University Music Students". *Update: Applications of Research in Music Education*, 31 (2): 20-27. National Association for Music Education.
- Wristen, B. (Fall 2012). "Helping Future University Music Students Develop Healthy Coping Mechanisms". National Conference on Keyboard Pedagogy Conference Proceedings, Ed. Martha Baker-Jordan: 99-101.
- *Wristen, B. (primary investigator & author) and Hallbeck, M.S. (Nov. 2009) The 7/8 Piano Keyboard: An Attractive Alternative for Small-Handed Players. *Update: Applications of Research in Music Education* v 28 no 1: 9-16.
- 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*.
- *Wristen, Brenda (Oct/Nov. 2006). "Demographics and Motivation of Adult Group Piano Students." *Music Education Research* 8 no 3: 387-406.
- *Wristen, B.G., Jung, M.-C. Wismer, A.K.G., and Hallbeck, M.S. (Mar. 2006). "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: 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. (April, 2004). "It's Time: Organize a Collegiate Chapter." *American Music Teacher* 53 no. 5: 84.

*Deahl, Lora, and Wristen, Brenda (equal co-authorship) (June/July 2003). "Strategies for Small-Handed Pianists." *American Music Teacher* v. 52 no. 6: 21-25.

Deahl, Lora, and Wristen, Brenda (equal co-authorship) (Autumn 2002). Invited Journal Article: "What are Some of the Problems Faced by Small-Handed Pianists?" *Keyboard Companion* 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.

REVIEWS OF PUBLICATIONS:

DuHamel, Ann. (July/Aug 2018). "Closer Look, Book Review" Ed. Susan Geffen. *Clavier Companion* [Review of book: Deahl, L, and Wristen, B. *Adaptive Strategies for Small-Handed Pianists*. Oxford University Press, 2018].

Thomas, Martha (June/July 2018). *American Music Teacher* 67, no. 5: 52. [Review of book: Deahl, L, and Wristen, B. *Adaptive Strategies for Small-Handed Pianists*. Oxford University Press, 2018].

Powers, Keith (Aug 2013). *Teaching Music*, 21/21: 24. [Review of Wristen, B. (May, 2013). "Depression and Anxiety in University Music Students". *Update: Applications of Research in Music Education*, 31 (2): 20-27].

Johnson, Rebecca. (Feb/Mar 2008) "What's New in Pedagogy Research?" *American Music Teacher* 57, no. 4: 74-5. [Review of 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].

ACADEMIC PRESENTATIONS & LECTURES (*denotes peer-reviewed presentations):

- *Wristen, Brenda (July 26, 2023). “Stacking Engagement Layers to Enhance Group Piano Instruction.” National Conference on Keyboard Pedagogy, Lombard, IL.
- Wristen, Brenda (March 2, 2022) Invited Webinar: “The Small-Handed Pianist: Musically Effective Strategies for Overcoming Obstacles” Frances Clark Center for Keyboard Pedagogy.
- Wristen, Brenda (March 13, 2020). Invited Webinar: “University Music Student Health States, Behaviors, and Perceptions.” College Music Society.
- *Wristen, B. and Cockey, L. (July 25 & 26, 2019). “Interactive Wellness Café: Preventive Strategies for Avoiding Injuries.” National Conference on Keyboard Pedagogy, Lombard, IL.
- *Wristen, B., Cornett, V., and Johnson, Jessica. (July 25, 2019). “Put on Your Own Oxygen Mask First: Addressing Professional Burnout.” Panel, National Conference on Keyboard Pedagogy, Lombard, IL.
- *Wristen, B. and Deahl, L. (June 21, 2019). “What Small-Handed Pianists Can Learn from Biomechanics: A Technical Toolkit.” Texas Music Teachers Association, Houston, TX.
- Wristen, B. (October 11, 2018). “Small Hands on a Big Keyboard: Non-Intuitive Adaptive Strategies.” Nebraska Music Teachers Association. Kearney, NE.
- *Wristen, B. and Deahl, L. (March 19, 2018). “What Small-Handed Pianists Can Learn from Biomechanics: A Technical Toolkit.” Music Teachers National Association, Lake Buena Vista, FL.
- *Berenson, G, Cockey, L, Cornett, V., and Wristen, B (July 27, 2017). Panel Discussion: “Healthy Problem Solving in the Studio.” National Conference on Keyboard Pedagogy, Lombard, IL.
- *Berenson, G, Cockey, L, Cornett, V., and Wristen, B. (July 26, 2017) Panel Discussion: “Help! I Have a Student Who. . .” National Conference on Keyboard Pedagogy, Lombard, IL
- *Wristen, B. and Deahl, L. (July 29, 2016). “Unconventional Strategies for Small-Handed Pianists on the Conventional Keyboard.” International Society for Music Education, Glasgow, Scotland UK.
- Wristen, B. and Deahl, L. (July 29th [pre-conference] and July 30th [main conference], 2015). “Small Hands on a Big Keyboard: Non-intuitive Adaptive Strategies.” National Conference on Keyboard Pedagogy, Lombard, IL.
- *Wristen, B. (Mar. 25, 2014). “Student Practice Behaviors: What Are They *Really* Doing?” Music Teachers National Association, Chicago, IL.

- Berenson, G, Chong, J, Cockey, L, Cornett-Murtada, V, Dawson, B, and Wristen, B. (July 26, 2013). "Teaching Scenarios: Handling the Realities of Life." Panel discussion at the National Conference on Keyboard Pedagogy, Lombard, IL.
- Wristen, B., Guptill, C, and Harrington, L. (July 19, 2013). Music Workshop/Clinical Vignette: Healthcare/Education. "Performing Arts Medicine." Essentials of Performing Arts Medicine Course, Annual Symposium of Performing Arts Medicine Asso., Snowmass Village, CO.
- *Wristen, B. (July 28, 2012). "Relationships between Depression/Anxiety and Pain In A Group Of University Music Students." Performing Arts Medicine Association, Snowmass Village, CO.
- *Wristen, B. (July 17, 2012). "University Music Student Practice Behaviors: Implications for the Pre-Collegiate and Collegiate Music Teacher." International Society for Music Education, Thessaloniki, Greece.
- Wristen, B. (July 27, 2011). "Helping Future University Music Students Develop Healthy Coping Mechanisms." National Conference on Keyboard Pedagogy, Lombard, IL.
- *Wristen, B (August 5, 2010). "Educating University Music Students" presented as part of "Symposium: Musicians' Health." International Society for Music Education, Beijing, China.
- *Wristen, B. (August 6, 2010). "A New Look at University Music Student Health: The Mind, The Body, and Behavioral Choices." International Society for Music Education, Beijing, China.
- *Wristen, B. (July 29, 2010). "Mental Health of University Student Musicians." Annual Symposium of the Performing Arts Medicine Association, Snowmass Village, Colorado.
- *Wristen, B. (May 8, 2009). "Occupational Health Considerations for Pianists." Meeting of European Piano Teachers Association, Novi Sad, Serbia.
- Berenson, G, Leone, C, Riley, K, and Wristen, B. (July 29, 2009). "Technical Efficiency and Artistry: Having Your Cake and Eating It, Too!" National Conference on Keyboard Pedagogy, Lombard, IL.
- Berenson, G., Cockey, L, Lister-Sink, B, and Wristen, B. (July 29, 2009). "Educating Students About Wellness: Four Sample University Curricula" National Conference on Keyboard Pedagogy, Lombard, IL.
- *Wristen, B. (July 23, 2008). "Teacher Behaviors and Other Factors That Motivate Adult Recreational Musicians." International Society of Music Education (biannual meeting), Bologna, Italy.

Wristen, B., Alpert-Lehrer, P., et al. (Aug. 1, 2007). "Integrating Wellness Principles into College Pedagogy and Performance Curricula." National Conference on Keyboard Pedagogy, Oak Brook, IL.

*Wristen, B. (June 22, 2006). "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.

*Wristen, B. (Mar. 28, 2006). "The 7/8 Keyboard and the Small-Handed Pianist: Muscle and Joint Activity in Small-Handed Pianists." Music Teachers National Association, Austin, TX.

*Wristen, B., Wismer AKG, and Hallbeck MS. (Sept. 28, 2005). "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.

*Wristen, B., Stergiou N, and Evans S. (August 6-8, 2005). "Using 3-Dimensional Motion Capture Technology to Describe and Assess Piano Technique: A Case Study." National Conference on Keyboard Pedagogy, Oak Brook, IL.

* Wristen, B. (April 6, 2005). "Upper Body Motion in Piano Sight-reading." Music Teachers National Association, Seattle, WA.

*Wristen, B and Lora Deahl. (March 20, 2002). "Small Hands, SOS! Circumventing Injury and Succeeding at the Piano" Music Teachers National Association, Cincinnati, OH.

*Wristen, B. and Lora Deahl. (Oct. 25, 2001). "Strategies for Small-Handed Pianists." Nebraska Music Teachers Association, Omaha, NE.

*Wristen, B. and Lora Deahl. (Nov. 2-5, 2000). "Strategies for Small-Handed Pianists." The College Music Society, Toronto, Ontario, Canada.

*Wristen, B. and Lora Deahl. (June 10, 2000). "Strategies for Small-Handed Pianists" Texas Music Teachers Association, Austin, TX.

*Wristen, B. (Oct. 15, 1999). "Building Pain-Free Piano Technique." Wyoming/Nebraska (combined) Music Teachers Association, Cheyenne, WY.

*Wristen, B. (June 27, 1999). "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.

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

PERFORMANCES:

Guest Artist Recital, Lubbock Christian University	Feb. 11, 2020
Guest Artist Recital, Wayland Baptist University	Feb. 5, 2020
UNL Faculty Piano Recital, "The Poetic Piano: From Despair to Exultation" (also performed at The Landing on Jan. 13, 2020) Sonata in C Minor, K. 457 (Mozart) Sonata in A-flat, Op. 110 (Beethoven) Pour le piano (Debussy)	Jan. 28, 2020
The Nebraska Lectures: Chancellor's Distinguished Speaker Series Performance of <i>Nebraska Songbook</i> by Gregory Simon for soprano (Jamie Reimer) and piano (Brenda Wristen).	Nov. 8, 2019
Premiere of commissioned song cycle <i>Nebraska Songbook</i> by Gregory Simon for soprano (Jamie Reimer) and piano (Brenda Wristen) Nebraska Music Teachers Association, Kearney, NE	Oct. 12, 2018
Guest appearance, Westminster Presbyterian Church Two-piano version of the Brahms Requiem, with Travis Worsham and conductor Matthew Oltmann	Mar. 25, 2018
Guest solo artist appearance, UNL Symphony Orchestra, Grieg Piano Concerto in A Minor	Dec 8, 2017
UNL University Singers, Two-piano version of the Brahms Requiem, with pianist Paul Barnes and conductor Peter Eklund	Apr. 17, 2014
Guest Artist Recital, University of Iowa	Apr. 5, 2012
UNL Faculty Piano Recital (also performed at The Landing) Sonata in C Minor K.457 (Mozart) Danzas Espanolas Nos. 1-6 (Granados) Sonata in D Minor, Op. 14 (Prokofiev)	Mar. 11, 2012
UNL Faculty Recital of Dr. Hans Sturm, Double Bass (collaborative)	Oct. 25, 2011
UNL Faculty Sampler Recital "Reflets dans l'eau" (Debussy)	Sept. 13, 2009
UNL Faculty Recital for Malcolm Bilson Sonata in F H. XVI: 23 (Haydn)	Oct. 6, 2009

<p>“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 three Lincoln Public elementary schools</p>	May 2008
Collaborated with Dr. Michelle Gingras, UNL Clarinet Day Guest Recital	Mar. 28, 2008
UNL Faculty Duo Piano Recital with Dr. Ann Chang-Barnes Program: 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 (by invitation) 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 piano 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. Program: Sonata in F H. XVI:23 (Haydn); Sonata #5 (Prokofiev), Images, book 2 (Debussy), “March”, “June”, “July”, “September”, and “October,” from A Calendar Set (Zaimont); Ballade in F Minor Op. 52 (Chopin)	Oct. 9, 2003
Guest Artist Recital, Doane College	Sept. 30, 2003
Faculty Chamber Recital —Collaborative and ensemble (flute) Chadron State College, Chadron, Nebraska	Oct. 2, 2000
Solo Faculty Recital: "Adieu to the Twentieth Century," held in conjunction with "Piano Day" Chadron State College. 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
Faculty trumpet recital of Dr. Sheryl Linch Chadron State College	Feb. 22, 1999
Premiere of "Passacaglia" by Gary Belshaw, Lubbock, TX	Dec.8, 1998

Guest Artist Recital, Lubbock Christian University , Lubbock, TX English Suite No. 3 in G Minor (Bach); “January”, “March”, “June”, and “September” from A Calendar Set (Zaimont); Sonata No. 5, Op. 38/135 (Prokofiev); Fantasie in F Minor, Op. 49 (Chopin)	Feb. 1998
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Guest Artist Recital, Lubbock Christian University , Lubbock, TX 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
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GRANTS:

Hixson-Lied Faculty Research Grant Phase Two: Work Attitudes and Job Conditions Among University Music Faculty Amount: \$7500	2023-24
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UNL Faculty Senate Convocations Grant Guest Residency: Dr. Vanessa Cornett Amount: \$500 (additional funding from Hixson-Lied College and Glenn Korff School of Music	2023
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Glenn Korff School of Music Pilot Study: Work Attitudes and Job Conditions Among University Music Faculty Amount: \$1000	2021-22
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Hixson-Lied Presentation of Scholarly and Creative Activity Grant and UNL Glenn Korff School of Music Present poster at the International Society of Music Education (conference cancelled due to COVID-19) Amount: \$4672.80	2020
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Hixson-Lied Presentation of Scholarly and Creative Activity Grant and UNL Glenn Korff School of Music Present panel discussion and session at the National Conference on Keyboard Pedagogy, Lombard, IL, July 24-27, 2019 Amount: \$1995	2019
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Hixson-Lied Presentation of Scholarly and Creative Activity Grant Present paper at Texas Music Teachers Asso. Conference Houston, TX, June 21, 2019 Amount: \$1230	2019
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Hixson-Lied Presentation of Scholarly and Creative Activity Grant Present paper at Music Teachers National Asso. Conference Lake Buena Vista, FL, March 19, 2018 Amount: \$1900	2017
Hixson-Lied Presentation of Scholarly and Creative Activity Grant and UNL Glenn Korff School of Music Present panel discussion at the National Conference on Keyboard Pedagogy, Lombard, IL, July 26-27, 2017 Amount: \$1350	2017
Hixson-Lied Presentation of Scholarly and Creative Activity Grant and UNL Glenn Korff School of Music Present paper at the International Society for Music Education conference, Glasgow, Scotland UK, July 29, 2016 Amount: \$3000	2016
Hixson-Lied Faculty Research Grant and UNL Glenn Korff School of Music. Preparation of artwork for book Amount: \$800	2016
Hixson-Lied Presentation of Scholarly and Creative Activity Grant and UNL Glenn Korff School of Music Present paper at the National Conference on Keyboard Pedagogy, Lombard, IL Amount: \$1279	2015
Hixson-Lied Faculty Development Grant and UNL Glenn Korff School of Music Attend annual meeting of Music Teachers National Asso. March 2015 Las Vegas, NV Amount: \$2092	2014
Hixson-Lied Faculty Research/Creative Activity Grant and UNL Glenn Korff School of Music Fund travel for writing book manuscript with co-author Amount: \$3644	2014
Hixson-Lied Faculty Presentation of Scholarly and Creative Activity Grant and UNL Glenn Korff School of Music Present paper at Music Teachers National Association conference Chicago, IL Amount: \$1601	2014

Hixson-Lied Faculty Presentation of Scholarly and Creative Activity Grant and UNL Glenn Korff School of Music Present panel discussion at National Conference on Keyboard Pedagogy Lombard, IL Amount: \$913	2013
Hixson-Lied Faculty Development Travel Grant and UNL Glenn Korff School of Music Attend meeting of Music Teachers National Association, Anaheim, CA Amount: \$1575	2013
Hixson-Lied Faculty Presentation of Scholarly and Creative Activity Grant and UNL School of Music Present paper at meeting of Performing Arts Medicine Asso., Snowmass, CO Amount: \$1385	2012
Hixson-Lied Faculty Presentation of Scholarly and Creative Activity Grant and UNL School of Music Present paper at International Society for Music Education, Thessaloniki, Greece Amount: \$3100	2012
Hixson-Lied Faculty Presentation of Scholarly and Creative Activity Grant Present paper at National Conference on Keyboard Pedagogy Amount: \$1315	2011
Hixson-Lied Faculty Development Travel Grant Attend meeting of Performing Arts Medicine Asso., Snowmass, CO Amount: \$1612	2011
Big 12 Faculty Fellowship University of Nebraska—Lincoln Host Institution: Texas Tech University Amount: \$2500	2010
University of Nebraska—Lincoln Research Council Arts and Humanities Grant Holistic Health of University Student Musicians Amount: \$7500 with additional \$2500 College matching funds	2009-11
Hixson-Lied Faculty Presentation of Scholarly and Creative Activity Grant Present panel discussion and paper at National Conference on Keyboard Pedagogy Amount: \$1002	2009

Hixson-Lied Faculty Development Travel Grant Attend Music Teachers National Association Conference, Atlanta, GA Amount: \$1600	2009
Hixson-Lied Faculty Presentation of Scholarly and Creative Activity Grant Present paper at International Society of Music Education Biannual meeting Amount: \$1392	2008
Academic Senate Convocations Grant Fund guest lecture by Dr. Samuel Holland (Southern Methodist University) "What Makes a Good Music Lesson?" Amount: \$500	2007
Hixson-Lied Faculty Presentation of Scholarly and Creative Activity Grant Present paper at National Conference on Keyboard Pedagogy Amount: \$650	2007
Hixson-Lied Faculty Presentation of Scholarly and Creative Activity Grant Present paper at Music Teachers National Association Amount: \$680	2006
Hixson-Lied Faculty Presentation of Scholarly and Creative Activity Grant Present paper at Performing Arts Medicine Association Amount: \$860	2006
Hixson-Lied Faculty Presentation of Scholarly and Creative Activity Grant Present poster at National Conference on Keyboard Pedagogy Amount: \$565.00	2005
University of Nebraska Research Council, Interdisciplinary Grant. Electromyographic Study of Muscle Activity in Small-Handed Pianists: The 7/8 Size Keyboard Versus the Conventional Keyboard. Primary Investigator: Brenda G. Wristen, Ph.D. Co-Investigator: L. Susan Hallbeck, Ph.D. (UNL Dept. of Engineering) Amount: \$20,000.00	2005
Hixson-Lied Faculty Research/Creative Activity Grant Electromyographic Study of Muscle Activity in Small-Handed Pianists: The 7/8 Size Keyboard Versus the Conventional Keyboard. Amount: \$5000.00	2005
Hixson-Lied Faculty Presentation of Scholarly and Creative Activity Grant Present paper at Music Teachers National Association Amount: \$950.00	2005

University of Nebraska Research Council Grant-In-Aid Motion Analysis of Piano Technique in Performance Versus Sight-reading Tasks Primary Investigator: Brenda Wristen, Ph.D. (UNL School of Music) Co-investigator: Sharon Evans, Ph.D. (UNL Dept. of Educational Psychology) Amount: \$6297.00	2003
Hixson-Lied Faculty Presentation of Scholarly and Creative Activity Grant Present paper at Music Teachers National Assn. meeting Amount: \$380.00	2002
Professional Development Grant (Chadron State College) Present paper at College Music Society Meeting Amount: \$600.00	1999-2000
Proposal to implement comprehensive music Add listening library and score collection (Chadron State College) Amount: \$2000.00	1999
Proposal to hire staff accompanist, (Chadron State College) Amount: \$1500.00	1999
Professional Development Grant (Chadron State College) Present paper at Annual Conference of Performing Arts Medicine Asso. Amount: \$850.00	1998-99

GUEST LECTURES, SERVICE PUBLICATIONS, AND MASTERCLASSES:

- Wristen, Brenda (Sept. 29, 2022). Featured author, online article discussion hosted by *Piano Magazine* of my article featured in the Fall 2022 issue.
- Wristen, Brenda (May 12, 2022). "Principles of Healthy Piano Technique." Universidad Nacional de Costa Rica and Instituto Superior de Artes.
- Wristen, B (Feb. 9, 2022). "Health and the Student Musician." Dr. Danielle Gilbert's Instrumental Methods class, Glenn Korff School of Music.
- Wristen, B (Feb. 7, 2020). "What Small-handed Pianists Can Learn from Biomechanics: A Technical Toolkit." Texas Tech University Piano Symposium (by invitation).
- Wristen, B. (Feb. 7, 2020). "Health and the University Music Student." Texas Tech University Piano Symposium (by invitation).
- Berenson, G. and Wristen, B. (2015-2019). Co-coordinator of series for *American Music Teacher*. "Empowering the Musician: Teaching, Performing, Living."
- Wristen, B. (Jan. 27, 2018). "Non-intuitive Strategies for Small-Handed Pianists." Lincoln Music Teachers Association.
- Wristen, B. (Sept. 14, 2017). "Introduction to Occupational Health for Music Students." Undergraduate Convocation, Glenn Korff School of Music, University of Nebraska-Lincoln.

- Wristen, B. (February 9, 2016). "Engaging Students Using Instructional Layers." Guest lecture (via Skype), Ohio University.
- Wristen, B. (Jan. 25, 2016). "Musical Practice: Foundational Concepts and Applications" presented to UNL MTNA collegiate chapter.
- Wristen, B. and Gail Berenson. (2014) Co-coordinator of series for *American Music Teacher*. "Playing Healthy, Staying Healthy: What Every Musician Needs to Know."
- Wristen, B and Leftridge, J. (September 13, 2014). "Metacognition and Piano Practice: From Theory to Implementation." Lincoln Music Teachers Association.
- Wristen, B. (September 26, 2013). "Occupational Health Concerns of Musicians." UNL combined undergraduate and master's convocation.
- Wristen, B. (February 2, 2013). "Occupational Health Concerns of Musicians." East Texas Baptist University (via distance broadcast).
- Wristen, B. (January 1, 2013). "Occupational Health Concerns of Musicians." UNL doctoral colloquium.
- Wristen, B. (March 28, 2012). "Healthy Sleep Behaviors." UNL National Association for Music Education collegiate chapter.
- Wristen, B. (October 14, 2010). "Health and Wellness for University Music Students." Big 12 Faculty Fellowship Lecture, Texas Tech University.
- Wristen, B. (October 15, 2010). "Healthy Piano Playing." Big 12 Faculty Fellowship Lecture, Texas Tech University.
- Wristen, B. (September 30, 2010). "Health States and Behaviors of University Music Students." UNL Doctoral Colloquium.
- Wristen, B. (Nov. 10, 2008). "Introduction to Occupational Health of Musicians" Lincoln Public Schools. Flextime (in-service credit) for Music Educators, Lux Middle School.
- Wristen, B. (June 2006). "Preventing Piano-Related Injuries." Rocky Ridge Music Camp.
- Wristen, B. (April 2006). "The 7/8 Keyboard and the Small-handed Pianist." University of Iowa Piano Festival.
- Wristen, B. (April 2006). "Preventing Music-Related Injury." University of Iowa Piano Festival.
- Wristen, B. (2005) "How to Manage Time During Practice" published in *World Piano Pedagogy* webzine.
- Wristen, B. Moderator, panel discussion with Sifford, J. Huckleberry, A, and Benson, M. (Oct. 26, 2005). "How To Manage Time During Practice." World Piano Pedagogy Conference, Anaheim, CA.
- Wristen, B. (April/May, 2004). Article: "It's Time: Start a Collegiate Chapter." *American Music Teacher*, 84 ff.
- Wristen, B. (Feb. 20, 2002). Lecture: "Promoting Wellness in Your Studio." Lincoln Music Teachers Association, Lincoln, NE.
- Wristen, B. (Nov. 17-18, 2000). Lecture and Masterclass: Cheyenne Music Teachers Association, Cheyenne WY.
- Wristen, B. (Sept. 25, 2000). Guest Lecture: "Building Injury-Preventive Piano Technique." University of Nebraska—Lincoln.
- Wristen, B. (Jan. 15, 2000). Lecture: "Avoiding Playing-Related Injury." American Guild of Organists, Rapid City, SD chapter.

- Wristen, B. (Dec. 1999). Article: MTS Notables, Music Teacher's Supply Newsletter, Omaha, NE.
- Wristen, B. (Sept. 18, 1999). "Playing Without Pain," and "Experiencing Twentieth Century Piano Literature" (both supported by multimedia presentations). Piano Day, Chadron State College
- Wristen, B. (Feb. 1999) "Helping Your High School Student Accompanist." Director's seminar at High Plains Band and Choir Festival, Chadron State College.
- Wristen, B. (Sept. 30, 1998). Lecture: "Preventing Music-Related Injuries: Keys to Success," Chadron State College.
- Wristen, B. (Jan. 1997). "The Perils of Piano Playing: Common Injuries and How to Prevent Them," Abilene (TX) Music Teachers Association.
- Wristen, B. (Oct. 1996). "Preventing Common Keyboard Overuse Injuries," Odessa (TX) Music Teachers' Association.
- Wristen, B. (Jan. 1996). "Pain-free Piano Playing: Preventing Overuse Injuries at the Keyboard," Music Teachers National Association, South Central District auditions. Lubbock, TX.
- Wristen, B. (Jan. 1996). "Strategies For Healthy Practice and Prevention of Overuse Injuries," Lubbock Music Teachers' Association, Lubbock, TX.

PROFESSIONAL ORGANIZATION SERVICE:

- Performing Arts Medicine Association
 - Peer review for *Medical Problems of Performing Artists*, house journal of the Performing Arts Medicine Association 2017-2019
 - Education Committee 2011-2015
- National Conference on Keyboard Pedagogy/Frances Clark Center
 - Editorial Board, *Journal for Piano Research* 2023-2025
 - Research poster award adjudicator 2013, 2015
 - Committee on Wellness for the Pianist 2001-present
 - Chair and Organizer of Pre-Conference on Musician Wellness 2009, 2011
 - Chair of Pre-Conference for Collegiate Teachers 2007
 - Chair, Committee on Wellness for the Pianist 2004-2011
 - Coordinator/Editor of Wellness Curriculum Project 2003, 2009
- Music Teachers National Association
 - MTNA State President Advisory Council 2023-2025
 - Co-curator and co-editor of the wellness column for *American Music Teacher* (three per year) 2014-present
 - Editorial Committee, *American Music Teacher* Mar. 2011-Mar. 2015
 - Poster selection Committee 2010
 - Chair, Collegiate Chapter of the Year Award Spring 2007-2009

- Pedagogy Saturday Planning Committee 2005
- Nebraska Coordinator of Young Artist and Chamber Music competitions 2007-2009
- Nebraska Music Teachers Association
 - President Oct. 2023-Oct. 2025
 - President-Elect, Member of Executive Committee Oct. 2021-Oct. 2023
 - NMTA Board Member 2001-09, 2012-2018
 - Commissioned Composition Chair 2012-2018
 - Coordination of NMTA competitions 2012
 - State Chair of Collegiate Chapters 2001-2007
- World Piano Pedagogy Conference September 2005
 - Forum discussion leader
 - Forum presenter
 - Invited article author
- National Group Piano/Piano Pedagogy Forum, discussion leader August 2004
- Northwestern Nebraska Music Teachers Association, Vice-Pres. & Treas. 1999-2001

OTHER EXTERNAL SERVICE:

- External reviewer for promotion process, Texas Tech Univ. 2023
- Peer reviewer for *Psychology of Music* 2022
- Peer reviewer for journal *Medical Problems of Performing Artists* 2017-present
- Peer reviewer for journal *Applied Ergonomics* Feb. 2021
- External reviewer for promotion process, Baylor University 2019
- Peer book reviews, Oxford University Press 2007, 2017
- External grader, Ph.D. dissertation, University of Western Australia. Topic: music-related injury among jazz pianists in the U.S. and Australia 2011
- External reviewer for Distinguished Early Career Grant, University of St. Thomas June 2015, June 2016
- External reviewer for tenure & promotion Ohio State University at Lima June 2015

UNIVERSITY SERVICE:

- University of Nebraska-Lincoln Graduate Council 2022-present
- UNL Glenn Korff School of Music, Graduate Committee 2011-2013, Fall 2015, 2016-2019; 2022-present
- Chancellor's Advisory Committee on Student Health Insurance November 2019-Feb. 2020

- Chair, Search Committee for Collaborative Piano Faculty Position Aug. 2018-April 2019
- UNL Academic Rights and Responsibilities Committee Aug. 2017-2020
- UNL School of Music Committee on Health and Wellness (Chair 2012-2021) Sept. 2012-present
- Faculty Advisor to the UNL Collegiate Chapter of Music Teachers National Association Fall 2001-2019
- Preparing Future Faculty program, school liaison 2010-2013
- UNL, Hixson-Lied College, Executive Committee Sept. 2009-May 2013
- Piano Technician Search Committee 2017-2018
- Piano Technician Search Committee (Li Zeoh) Summer 2014
- UNL, Hixson-Lied College, Alternate for Grade Appeals Committee April 2004-2006
- UNL Academic Senate May 2005-2008
- Piano technician search committee (Paul Williams) 2006
- University Honors Program Aug. 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 Feb. 2002
- Piano Day for High School students. Lectures, Masterclass, Ensemble Reading Sessions, and Recital. Chadron State College Sept. 18, 1999

LOCAL SERVICE:

- 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
- Westminster Presbyterian Church
 - Choir, solo piano offerings 2008-present
- Accompanied UNL tribute choir to honor alumni Boyd and Masako Bacon of Westminster Presbyterian Church, Lincoln, NE Nov. 8, 2012
- Clinton Elementary School Piano Club through Community Learning Centers. Pedagogy interns offer private lesson to under-served students in Lincoln Public Schools Spr. terms 2010-2011
- Food bank of Lincoln—Backpack program at Hartley Elem. 2009-2014
- Lincoln Music Teachers, Music Outreach Program Spr. 2006-Spr. 2007
- Volunteer Partners of Lincoln, Emergency Operations Feb. 2004-2006
- Lincoln/Lancaster Emergency Management, CERT team June 2004-2006
- Lincoln Public School District Nov. 2003
- Shadowed by Career Education Class students
- Doane College, solo piano recital Sept. 2003
- The Landing (retirement community), solo piano recital Sept. 2003, Feb. 2012

- Brentwood Estates, solo piano recital Sept. 2003

ADJUDICATING:

- Omaha district, NMTA festival Apr. 2023
- Lincoln district, NMTA festival Apr. 2017
- Arts and Humanities Research Poster award at UNL Graduate Research Fair Apr. 2016
- District Music Festival, NMTA, Central district May 2012
- 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 Apr. 3, 2004
- District auditions of Nebraska Music Teachers Association Festival May 17, 2003
- Omaha Music Teachers, Senior Division of Young Artist competition Apr. 2002
- Mu Phi Epsilon Foundation
Adjudicated proposals for Merle Montgomery Doctoral Grant Spr. 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

PROFESSIONAL ORGANIZATION AFFILIATIONS:

Music Teachers National Association
 Performing Arts Medicine Association
 College Music Society
 International Society for Music Education
 Nebraska Music Teachers Association
 Lincoln Music Teachers Association