

## Stephen Mclean

I received a bachelor's degree in music performance and history from SUNY Buffalo State College. I went on to serve as the graduate teaching assistant at the Pennsylvania State University where I earned both a Masters of Music in Orchestral Performance and a Professional Performance Certificate, studying under Dr. Langston Fitzgerald III. I am currently a doctoral candidate in the Doctoral of Musical Arts program at Stony Brook University. In addition to graduate studies and private teaching I also perform as a free-lance musician in various professional settings including pit orchestras, small jazz combos, big bands and orchestras throughout Pennsylvania, and the Buffalo and New York City areas. I began Alexander study under the tutelage of Lori Schiff and will begin teacher training this Fall at the Riverside Initiative for the Alexander Technique.

Teaching is a strong passion of mine. As a music educator my goal is to help guide each student through their personal journey of developing authentic self-expression through their instrument. Through Alexander Technique Teacher training I will learn how to guide others through the journey of cultivating a healthy use of themselves. I truly believe that many educational fields, especially the performing arts, would benefit tremendously from approaching each person through the lens of their "use". Though I am convinced that becoming an Alexander Technique Teacher will immensely improve my pedagogical approach for students of music, I am very interested in bringing Alexander Technique to those outside of the arts. I believe that through teaching this technique I can help others become aware of and actively step away from unconscious habits that are negatively affecting their quality of life. It is also a goal of mine to raise awareness about this powerful resource. Often times those who might benefit the most from resources like Alexander Technique instruction have no way of accessing them. I do not believe that African Americans, and other people of color, lack potential interest in Alexander Technique, or the ability to grasp its concepts. What is lacking is financial accessibility and exposure. One of my top priorities as an Alexander Teacher will be to find new and innovative

approaches to engage underserved communities through developing written materials, virtual resources, utilization of social media platforms, masterclasses, talks and group instruction. I also plan on cultivating professional relationships with organizations who are aligned with the mission of enriching people of color.