

0:04 - 0:14

Aubree: Thanks for joining Maija, would you be able to talk to me about your flute career?

Maija: Well thank you for having me I'm ...

0:19 - 1:14

Maija: happy to be here. I think I was in Grade... I think it must've been Grade 3 when I started at a new school and we had to start band class. It was a small Catholic school so they kind of let you play niche instruments if you wanted to. So I started playing acoustic guitar in a band class where it absolutely made no sense to play acoustic guitar. And our teacher didn't really even know how to play acoustic guitar either. I was trying to strum along with the rest of the band class and it just didn't sound good, and I wasn't very good, and the people beside me weren't very good, and at the front of the class there's these little flautists that got all the best melodies. And even if you weren't very good it still sounded pleasant.

1:14 - 1:37

Maija: And I was like, "maybe I can do that," so I was like, "mom, dad, I don't want this guitar anymore, I want a flute, I want to try playing that." So my mom and dad let me bring back my acoustic guitar to Long and McQuade and rented me...

1:38 - 2:26

Maija: a nice little flute and I started playing that way in band class. I ended up - I think it was something about how once you get your embouchure sorted out - the melodies are pretty simple at first and it's very satisfying very quickly after that. You could play like, Christmas music, and kind of get into it and feel chuffed with yourself, that you could play a tune. Whereas people who start out with trumpet, if you're not a good trumpet player, you suck until you're a good trumpet player. So I got satisfaction early on, so that's why I stayed with flute. I think it was one of the first things in my entire academic career that I was actually not bad at - I was bad at everything else in school...

2:27 - 2:51

Maija: but I wasn't bad at that. So that was nice to actually feel good at something. That's my earliest memories.

2:53 - 2:58

Aubree: Alright, so how did you approach practicing, especially at such a young age?

3:00 - 3:53

Maija: I don't think I was a particularly disciplined person, and I don't think I'm a particularly disciplined person now. I think studying and practising was not something that came naturally on my own, but I played a lot with other people. I was always very good at going to band practice and being very enthusiastic about that, and playing with my friends after school if they played with me, and then I would join all of the band clubs you possibly could. I would be in choir, and jazz band, and actual band, and so a lot of my life initially was taken up with music. Since I have had very little enthusiasm for school generally, my mom saw my enthusiasm for this and really let me dig deep into it. She got me private lessons eventually and...

3:54 - 4:24

Maija: I would spend probably about... at least like, 10 hours a week in extracurriculars in band, so that was a lot of my practicing.

0:04 - 0:14

You'll do a great job OK thanks for joining **my old** would you be able to talk to me about your **flu clear** well thank you for having me off

0:19 - 1:14

Happy to be here I am I think I was in grade I think it must've been grade 3 when I started at a new school and we had to start band class and it was like a small like Catholic school so they kind of let you play niche instruments if you wanted to play so I started playing guitar like acoustic guitar and like a band class where it absolutely made no sense to play acoustic guitar and our teacher like didn't really even know how to play acoustic at guitar either and I was trying to strum along with the rest of the band class and it just didn't sound good and I wasn't very good and the people beside me weren't very good and at the front of the class like the room there is these like little flautists that like **God** all the best melodies and even if you weren't very good it still sounded pleasant

1:14 - 1:37

And I was like maybe I can do that so I was like mom dad I don't want this guitar anymore I **wanna** flute I **wanna** try playing that I think we're at whatever age you are in grade 3 so yeah in grade 3 and so my mom and dad let me bring back my acoustic guitar to Long and McQuade and rented me

1:38 - 2:26

A nice little flute and I started playing that way in band class and I ended up I think it was something about how like the flute like once you like get your like **on the short version sort it out** the melodies are pretty simple at first and it's very satisfying very quickly after that because you could play like Christmas music and kind of like get into it and feel like chuffed with yourself that you could play like a tune **where is** people who start out I was like trumpet if you're like not a good trumpet player if you **had it** you suck until you're a good trumpet player so I got satisfaction early on so that's why I **stay** with **fluid** so I think it was one of the first things in my entire academic career that I was actually like not bad that I was bad at everything else in school

2:27 - 2:51

But I wasn't bad at that and so that was nice to actually feel good at something so that's my earliest memories that was a question like how I started in flute **grade** so I think I answer the question

2:53 - 2:58

All right so how did you approach practising especially at such a young age

3:00 - 3:53

I **am** I don't think I was a particularly disciplined person and I don't think I'm like a particularly disciplined person now I think like a studying and practising was not something I like came naturally on my own but I played a lot with other people so like if I like I was always very good at like going to band practice and being very enthusiastic about that and I'm playing with my friends after school if they play with me and then I would join all of the like band clubs you possibly could so I would be in like choir and jazz band and actual band and like so a lot of my life initially was taken up with music and since I have had very little **if Susie Azim** for school generally my mom saw my **Susie Azim** for this and really let me like dig deep into it so then she got me like private lessons eventually **end**

And then once I had to start doing higher level conservatory exams I actually had to *practice* and I never found a lot of enjoyment in that unfortunately, just practicing on my own in my room. I would do that probably at least, I'd say, about five hours a week outside of my classes.

4:25 - 4:54

Maija: And I just did it because my teacher - she was this old flute teacher, who is like, brilliant, but she would absolutely get mad at you if you didn't show any progress week to week. So out of sheer, "I don't want to disappoint this person," I would do my hours, but I never really liked playing on my own. And I think I always struggled to practice as much as I think I should have been if that makes sense.

4:55 - 4:59

Maija: Did I answer the question?

Aubree: Yeah, and I've got a follow-up actually.

5:03 - 5:06

Aubree: So thinking about...

5:07 - 5:15

Aubree: your flute teacher, who noticed when you didn't practice and would kind of hold you to it...

5:17 - 5:45

Aubree: she was more obviously, or blatantly, disappointed if you didn't practice, but did you hold yourself to the same standard?

5:47 - 6:30

Maija: I think it's hard to hold yourself to a standard that you don't necessarily think you're capable of accomplishing. I think that is maybe part of my struggle with discipline generally; that I think if you don't think you're capable of doing something, I think it's very easy to shrug off things like practising or studying hard. Maybe because, you're trying ultimately, but you don't have that... I don't know, the self-esteem or ambition that will propel you forward to do well. But I always really struggled with disappointing other people. So while I really liked flute and I was like, "oh, this is like one of the few things I'm..."

6:31 - 6:35

Maija: "good at," and it made me want to do a lot of it...

6:37 - 7:37

Maija: ultimately, her disapproval, or her feeling like I let her down or her wasting her time on me, was like, "wow, I should really do that [ed. note: practice] otherwise I'm mistreating this person who's just giving me their time." So it's really hard to really dissect how I felt about it other than, did I rise to that level of standard? Maybe if she was like, "you are doing well, this is good enough" I wouldn't have necessarily been like, "I have to be better," if that makes sense. I just wanted to meet whatever expectation was being given to me. And I enjoyed music, but ultimately I think peoples' approval mattered to me a lot, and my teacher's approval, and because I thought she was very talented and very good at what she does. Classical musicians are notoriously very disciplined people, they're not very chill people naturally...

7:37 - 8:20

Maija: at least in my experience. That's a generalization, but all of the really good classical musicians I had met were incredibly disciplined, and they lived and breathed their music, and I didn't

3:54 - 4:24

I like would spend probably about at least like 10 hours a week in extracurriculars in band so that was a lot of my practising and then once I had to **get** start doing like higher level conservatory exams I actually had to like practice and I never found a lot of enjoyment in that unfortunately like just practising on my own in my room I would do that probably like at least like if I'd say about five hours a week outside of my classes

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And I never like I just did it because my teacher **would choose** like this old like flute teacher who is like brilliant but she would like absolutely get mad at you if you didn't show any progress week to week and so out of sheer like I don't wanna disappoint this person would do my hours but like I don't I like never like really liked playing on my own and I think I always struggle to practice as much as like I think I should have been if that makes sense

4:55 - 4:59

So could you remind me of the **quiet** I think it did I answer the question

5:03 - 5:06

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5:07 - 5:15

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5:17 - 5:45

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5:47 - 6:30

It's hard to hold yourself to a standard that you don't necessarily think you're capable of accomplishing and I think that is like maybe part of like my struggle with discipline generally is that I think if you don't think you're capable of like doing **some thing** well I think it's very easy to like shrug off things like practising or like studying hard **and** because you're trying ultimately like you don't have that like I don't know like the self-esteem or like ambition that will propel you forward to do well but I always like really struggled with disappointing other people and so like well I really liked flute and I was like oh this is like one of the few things I'm

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A good **ad** and it like made me want to do a lot of it like I **am**

6:37 - 7:37

Ultimately like her disapproval or her like feeling like I let her down and like her wasting her time on me was like wow like I should really do that otherwise I'm like **miss treating** this person who's just giving me their time so it's like really hard to like really like dissect how I felt about it other than like did I rise to that level of standard like maybe if I didn't like maybe if she was like you are doing well this is good enough I wouldn't have necessarily been like I have to be better if that makes sense I just wanted to meet whatever expectation was like being given to me and I enjoyed music but like ultimately I think like peoples approval mattered to me a lot and my teachers approval and because I thought she was very talented and very good at what she does in classical musicians are notoriously very disciplined people and they're not very like chill people naturally

7:37 - 8:20

At least in my experience that's a generalization but like all of the really good classical musicians I **had** that were like incredibly

have that drive that I think I ultimately would've needed if I was to continue. And that she [ed. note: the teacher] wanted me to have. She was like, "music's my entire life, it needs to be your entire life." And I was like, "well, this is the only thing in my life that I feel like is going well so I may as well dig deep," but I don't know if that was something that was in me innately, that I wanted to achieve, or if it wasn't just like...

8:21 - 8:29

Maija: "this person that I like and respect expects me to do that."

8:31 - 9:08

Aubree: Yeah. I have a sort of similar position where I want to learn the flute, I chose to do it of my own will for this project, but at the same time I am accountable to somebody who is evaluating me. And there is a certain pressure where I set these goals which were approved, and now I'm kind of expected to fulfill them. So as much as I have fun shredding up Amazing Grace in my free time, I'm kind of like, "that's not really what I'm supposed to do!"

9:10 - 9:25

Aubree: So, I feel you there. Maybe to kind of round out the questions so far - so for me, I'm also approaching this as...

9:27 - 9:47

Aubree: somebody who suspects that I have had a fixed mindset. Are you familiar with the term?

Maija: No.

Aubree: So, a fixed mindset is essentially, you believe that you're incapable of change, and then the opposite of that is a growth mindset, where your current ability is...

9:49 - 10:06

Aubree: just a reflection of what you've learned so far, and there's more that could be done. And for me, I knew that the flute would bring up a lot of my fixed mindset things because I've never done something like this before, and I tried and gave up like 15 years ago to learn how to play.

10:13 - 10:55

Maija: Well, I think it's harder to learn new things as an adult, you know? I think in terms of, as an adult, we usually - if we're doing something at this point - we've been doing it well for a while. Be it any hobbies you've been doing - either you're knitting or drawing or all these things - I think as an adult it's less socially acceptable to openly suck at things. When you're a child, you kind of suck at everything because you're growing, you're learning how to be a human being. So when you're initially not very good at something I think you're more resilient to that. So I think as we get older, we take ourselves so seriously that we don't allow ourselves to start new things and suck at things like that. Especially artistic things...

10:56 - 11:36

Maija: you know? Expressive, artistic things that aren't necessarily you're doing purely for the joy of it. Like, music isn't something that you're going to market probably. Even if you knit you're like, "oh I could knit this thing, I could give it to a friend as a gift, I could sell it." It is something that is super tangible but I think it almost produces something productive, whereas music, in a way, is not that way if you're doing it leisurely, you know? You can't just finish the thing and hand it off as a gift or make it productive. I think we as adults have a tendency to do that...

disciplined and they like lived in Brea third music and I didn't have that like drive that like I think I ultimately would've needed if I was to continue that she wanted me to have she's like musics my entire life it needs to be your entire life and I was like well this is the only thing in my life that I feel like is going well so I may as well like duck dig deep but I don't know if that was something that like was in me innately that I like wanted to achieve or if it wasn't just like oh like

8:21 - 8:29

This person that I look like and respect like expect me to do that if that makes sense I don't know if that's that answers the question

8:31 - 9:08

Yeah and like I have a sort of similar position where like I I want to learn the flute because like I'm I chose to do it of my own well for this project but at the same time I am accountable to somebody who is evaluating me and there is a certain pressure of I set these goals which were approved and now I'm kind of being expected to feel them so as much as I have fun like shredding up amazing grace in my free time I'm kind of like that's not really what I'm supposed to do

9:10 - 9:25

Yeah so I feel you there maybe to kind of like round out the questions so far so for me like I'm also approaching this as

9:27 - 9:47

Somebody who suspects that I have had a fixed mindset are you familiar with the terms so a fixed mindset is essentially you believe that you're in capable of change and then the opposite of that is a growth mindset where your current ability is

9:49 - 10:11

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10:13 - 10:55

To learn new things as an adult you know not like I think just like in terms of like as an adult we usually if we're doing something at this point we've been doing it well for a while but any hobbies you've been doing either your knitting or drawing or like all these things like I think as an adult it's less socially acceptable to openly socket things and when you're a child like you kind of suck at everything because you're like growing you're like learning how to be a human being so when you're initially not very good at something like I think you're more resilient to that and so I think as we get older we take ourselves so seriously that we don't allow ourselves to start new things and suck at things like that especially like artistic things

10:56 - 11:36

You know so expressive artistic things that like like aren't necessarily like you're doing purely for the joy of it like music isn't something that you're going to like market probably you're you're probably like even if you net you're like oh I could net this thing I could give it to a friend as a gift I could sell it it it is something that is like super tangible but I think it almost produces something productive where is like music and away is like not that way if you're doing it leave early you know like you can't just finish the thing and hand it off as a gift or make it productive for us I think we as adults have a tendency to do that

11:37 - 11:47

Maija: you know. So it's a unique thing that you're doing, learning how to play an instrument at the ripe age of like... I should know how old you are - 27 or 6? But you know.

11:50 - 12:05

Aubree: So then you, as a flautist, with how many years of experience overall...?

Maija: I played from when I was in Grade 3 to Grade 12

Aubree: Solid nine years. So I guess to wrap up...

12:17 - 12:29

Aubree: as somebody who has a lot of experience under their belt, and I'm sure you've had more time to reflect on that part of your music career now that you're an adult...

12:31 - 13:16

Aubree: do you have any advice on... being patient or being disciplined? Or really just how to go about these next steps?

Maija: I think that deciding what you want out of it is a good first step. I think when I was young I didn't really know what I wanted to get out of it, like, is it just for fun? Is it what I'm gonna do for the rest of my life? Is this something that's meant to be fun? You know, is it something that's just *meant* to have fun? And I think ultimately I ended up not pursuing flute after Grade 12 because it stopped being fun for me because I took it so seriously. It just...

13:17 - 14:03

Maija: it was another way in which I could measure how inadequate I was, you know, because I took it so seriously and it wasn't fun anymore. So I think like any craft or hobby that you really enjoy, I think reminding yourself that ultimately, it was just music, you know? It felt like the world to me at the time but whenever I messed up a note or didn't do something as well I felt like, it was a personal failing on myself and it was no longer fun anymore. And I think my advice would be to take it just as seriously as you'd like to take it, but not it like an ounce more than that. And I think maybe doing it for yourself versus doing it for other people...

14:03 - 14:28

Maija: is probably better, it was for me at the time because I haven't played a day since. Not a single day. And it was really, really important to me and it brought a lot to my life at the time. But I think being OK not being the best, and sucking at things, and just enjoying it for exactly what it is. I took it too seriously near the end like I do everything.

14:31 - 14:41

Aubree: OK well with 30 seconds to go, thank you for your time. I really appreciate it. And yeah, I will for sure play you a little tune.

14:43 - 14:57

Maija: I'm looking forward to it. It brings me back, the nostalgia, you know, and now I look back on it very fondly, but it's been a while.

Aubree: Thank you. Alright that's a wrap!

11:37 - 11:47

You know so it's like a unique thing that you're doing learning how to play an instrument at the **lake right page** of like I should know how old you are 2 7 or six but you know

11:50 - 12:05

So then like you as a **flautas** with how many years of experience overall I played from when I was in grade 3 to grade 12 greater good of a solid nine years so I guess wrap up

12:06 - 12:14

I got a few minutes left of free time **those** are charging me per hour after I cut that out from the final

12:17 - 12:29

Yeah so as somebody who like has a lot of experience under their **Bolton** I'm sure you've had more time to reflect on that part of your leg music career **know** that you're an adult

12:31 - 13:16

Do you have like any advice on like being patient or being disciplined or really just like how to go about these next steps I think the deciding like what you want out of it is like a good like first **stop** I think when I was young I didn't really like know what I wanted to get out of it like is it just for fun is it what I'm gonna do for the rest of my life is this something that's like meant to be fun you know like it is it something that's just like meant to have fun and I think ultimately I ended up not pursuing flute after grade 12 because it stopped being fun for me because I took it so seriously and it just

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Like I **address** it was another way in which I could **matter** measure how **in adequate** I want you know because I took it so seriously and it wasn't fun anymore and so I think like any like craft or hobby that you really enjoy I think reminding yourself or like that it ultimately it was just music you know it felt like the world to me at the time but like whenever I like messed up a note or didn't do something as well I felt like it was a personal failing on myself and it was no longer **find** anymore and I think my advice would be to like and like take it just as seriously as you'd like to take it but not it like an ounce more than that and I think maybe doing it for yourself versus doing it for other people

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I **am** is probably better than it was for me at the time because I haven't played a day since not a single day and it was really really important to me and it brought like a lot to my life at the time but like I think like being OK not being the best and sucking at things and just enjoying it for exactly what it is I am I took it too seriously near the end like I do everything

14:31 - 14:41

OK well with 30 seconds to go thank you for your time I really appreciate it and yeah I will for sure **put** you little tune

14:43 - 14:57

I'm **bored** to it I like it brings me back the nostalgia you know and I'm like now I look back on it very fondly but it's been a while thank you all right that's **our help**