

2025 Fall Workshop Schedule
September 5 | 3 Circle Church
Dr. Jessica Nápoles, Clinician



- 7:30-8:00 **Registration** | North Lobby
- 8:00-9:00 **Welcome and General Membership Meeting** | Main Student Room
- 9:00-9:15 **Break** Coffee and Snacks | North Lobby
- 9:15-10:10 **Dr. Jessica Nápoles Session #1** | Student Room
Do you feel emotionally exhausted by your job, like you have nothing else to give at the end of every day? Do you feel detached from students and seek opportunities to distance yourself? Burnout is a phenomenon that has been investigated across many fields with varied populations. Christina Maslach identified three components of burnout: emotional exhaustion, cynicism, and reduced personal accomplishment. In this session, I highlight findings of recent research and provide a lens for considering music teacher burnout, the sources of burnout, and potential solutions for attenuating burnout.
- 10:10-10:45 **District Breakout Meetings**
- 10:50-11:25 **The Five Months Before the Five Minutes** | Taylor Stricklin, Presenter
Main Student Room

Something from Nothing: How improvisation instruction can empower your students' ears on the road to richer music literacy | Andrew Mills, Presenter
Student Room 1

Roundtable Discussion: High School Repertoire | Kate Dupuis, Facilitator
Student Room 2
- 11:30-12:25 **Dr. Jessica Nápoles Session #2** | Main Student Room
*Using Gretchen Rubin's framework *The Four Tendencies*, this session will focus on classroom management techniques for students that may be challenging to understand. Rubin differentiates between upholders, obligers, questioners, and rebels, based on how they respond to internal and external expectations. Learn about students who may be different from you and what approaches may work best for them and for you.*
- 12:25-2:00 **Lunch Break**

New Teacher Luncheon | Children's Worship Room(upstairs)
- 2:00-2:55 **Dr. Jessica Nápoles Session #3** | Main Student Room
Developmental Reading Session- Session booklets are available at registration.
- 3:00-3:35 **Spreadsheets to Organize Your Choir** | John Kincaid, Presenter
Student Room 1

The Five Months Before the Five Minutes | Taylor Stricklin, Presenter
Main Student Room

Roundtable Discussion: Middle School Repertoire | Amanda Sells, Facilitator
Student Room 2

3:40-4:30

Roundtable Discussion: SCPA Sight-Reading Process | Caylen Stewart, Traci Fuller and Frank Andrews, Facilitators | Main Student Room

Roundtable Discussion: Student Leadership | Zachary Banks, Facilitator
Student Room 1

Roundtable Discussion: Contemporary Styles | Cara Thomas, Facilitator
Student Room 2



Jessica Nápoles is Professor of Choral Music Education at the University of North Texas. She teaches undergraduate coursework in choral methods, conducts the Concert Choir, and mentors graduate students in research. As an administrator, Dr. Nápoles served as Interim division chair for Conducting & Ensembles, Interim division chair for Music Education, and Interim division chair for Voice Studies. A native of Florida with a Cuban-American background, Dr. Napoles taught middle school chorus in the public schools of Miami and Orlando, FL. She received her Bachelor of Music Education, Master of Music Education, and PhD in Music

Education from The Florida State University. Prior to her appointment at UNT, she taught at the University of Utah for 11 years.

Dr. Nápoles is an active choral conductor, clinician, and adjudicator, frequently engaging in guest conducting opportunities locally, regionally, and nationally. She has conducted All State and honor choirs in 25 states across the US. She has conducted the Southern, North Central/Central, Eastern, and Western division honor choirs for the American Choral Directors Association (ACDA). In 2019, Dr. Nápoles was conductor for the WorldStrides OnStage Honors Performance Series in Carnegie Hall. She was asked to return every year since.

In addition to her choral conducting invitations, Dr. Nápoles is a well known researcher, with numerous publications in journals such as the *Journal of Research in Music Education*, *Bulletin of the Council for Research in Music Education*, *Journal of Music Teacher Education*, *Update: Applications of Research in Music Education*, and the *International Journal of Music Education*. She served on the editorial boards of the *Journal of Research in Music Education*, the premier research journal in music education, the *International Journal of Research in Choral Singing*, and the *Journal of Music Teacher Education*. Her research interests center on testing practitioner practices empirically, expressive conducting, burnout, and teacher talk. She has presented at conferences on these topics nationally and internationally. She is presently serving on NAFME's Executive board of the Society for Research in Music Education.

Dr. Nápoles was recently elected the President-Elect Designate for the American Choral Directors Association (ACDA) at the national level. She is currently the Chair of the Research & Publications Standing Committee. Additionally, she served as Assistant Conference Chair for the 2019, 2021, and 2025 conferences, the Honor Choir Coordinator for the 2015 and 2017 conferences. Dr. Nápoles led the writing team of the ACDA COVID-19 task force that drafted a document to assist choral directors at all levels during the pandemic.