

LC-DC Podcast Episode 5: Managing Expectations with Garan

Show Notes

Host Bios

Ryan is a faculty member in the Douglas College Learning Center.

Garan is a former Learning Centre peer tutor. He graduated from Douglas College's Music Technology Diploma program in Spring of 2025. Garan also gave us the name for our podcast, and his background in music production was instrumental in helping us launch the show.

Episode Summary

This episode was recorded in the Podcasting Studio in the New Westminster Library on March 18, 2025.

In this episode, Garan explores how expectations can affect our ability to learn by sharing contrasting career experiences as an orchestral musician and a voice actor. As a graduate of The Julliard School and with siblings who were successful musicians, Garan had high expectations for his music career. This caused him to lose his joy and passion for music. In contrast, Garan went into voice acting hoping to have fun and learn. He never expected anything from it but ended up turning it into a successful career.

While sharing his story, Garan touches on a number of topics, including the difference between internal and external expectations, staying motivating, and finding role models. Garan recommends keeping track of your progress, so that you can see how far you've come, which is great motivation for when you're stuck and helps to keep your expectations realistic and relevant.

Garan talks about how his experience has informed his approach to tutoring, teaching, and parenting. He describes some of the research on expectations; in particular, the Pygmalion Effect and the Golem Effect, which indicate the dangers of both unrealistic expectations and no expectations. Finally, Garan outlines the importance of support networks for calibrating our expectations and learning a new skill, ending with some great advice on how to build your own three-legged support network.

Resources

Check out our [online Resources Hub](#)

Resources mentioned in this episode include:

innerdrive.co.uk

What Next?

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