

# How I Practice

Level 1

This form will be used whenever you practice OUTSIDE OF CLASS

\* Required

1. **Days of the week I plan to practice \***

*Check all that apply.*

- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday

2. **for \_\_\_\_\_ minutes at a time \***

(15-30 minutes)

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## Directions: Fill in this form DURING your practice sessions

### Musical Goals

3. **Select a musical goal (or more than one) for the next two weeks from this list: \***

*Check all that apply.*

- Play all the right notes in the pieces I'm practicing
- Play with a really nice-sounding tone on my instrument
- Play the right rhythms in the pieces I'm practicing

4. **Write down any additional goals you have here:**

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### Make a Plan

Choose at least one piece of music to play from each of the following categories

5. **Warm-Ups \***

Choose one or more

*Check all that apply.*

Chorales and Rounds Line \_\_\_\_\_

Circle of Fourths

Chromatic Exercise

6. **Review \***

Choose one or more

*Check all that apply.*

Anything I've played before in Chorales and Rounds

Part of a piece I know very well

7. **New music: \***

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## How's It Going?

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8. **What are you doing really well? \***

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9. **What problems are you running into while practicing? \***

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## Practice Strategies

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Which practice strategies below might help improve your practicing?

10. Check off the practice strategies you've used \*

Check all that apply.

- Scan the music for notes and rhythms before I play it
- Practice small chunks of the difficult parts of the music
- Play hard parts slower, and gradually speed up as I get better
- Use a metronome
- Listen to a recording of it being played correctly

11. Write down any other practice strategies you used

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## Journal Entry

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12. Did you meet your goal? \*

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13. What practice strategies worked the best for you? \*

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14. On a scale from 1 to 10, how much did you improve this week? \*

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	A lot