

PLAN – PRACTICE – REFLECT

Plan

STATE PRACTICE GOAL/S: In two or more short sentences describe the musical challenges you would like to address in this session. Try to consider small passages of four to eight measures.

CHOOSE A PRACTICE STRATEGY/IES: Consider the goal/s you have set and choose a few practice strategies that you feel will support your goal/s. Include a simple explanation for why you feel these strategy or strategies are appropriate for the goal/s you have set.

Practice

Play through your selected measures or sections using repetition thoughtfully. Keep a moderate tempo so you can assess things like pitch, rhythmic accuracy, articulation, and dynamics. Remember to reference “Guide” notes if you are unsure of a pitch. As you apply the strategies you have chosen to reach your practice goals, do so slowly and if an increase in tempo is required, do so gradually. If you take something out of context, put it back slowly and gradually.

Reflect

After your practice session, immediately ask yourself the following questions:

1. Was my practice session productive? Explain why it was or was not.
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2. Did I meet my goal sufficiently? _____

3. What could I have done differently to be even more productive?
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4. What goals should I set for the next session?
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