

Practice Reflection

Name _____ Date _____

Instrument _____

Practice is the repeated exercise or performance of an activity or skill so as to acquire or maintain proficiency in it. Practice is most effective and efficient when a specific goal has been set and a process developed and carried out to achieve that goal. The purpose of this guided reflection is to aid you, the developing student-musician, in setting musical goals, and developing processes to achieve your goals and to achieve excellence.

What is your goal for this practice session? (be specific)

List the items you practiced (ex: scales, fingerings, long tones, literature, measure numbers, etudes, etc.)

Describe your process used in an effort to achieve your goal. (be specific)

What days did you practice this week? (circle all that apply)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Did you achieve your goal? YES! NO, but I made progress! NO, I need more guidance!

What questions do you have and/or what discoveries did you make during your practice?