

**Practice Session(s):** Fill in the requested time for each blank. Fill the total time in minutes (must be at least 30/session). Practice charts are due on the first rehearsal day of the week. This will usually include 2 practice sessions.

**Detailed Practice Session:** Complete the bottom section of the practice chart during one practice session each week. Select a practice session where you completed goals in all practice areas (fundamentals, handouts, literature). You may use music from your private lessons. This session should take at least 30 minutes. Record the date and your start time.

**Fundamentals:** Place a check mark in the box next to each exercise you complete. You do not need to do all of them during every practice session. Fill in the specifics about the exercise (see "Sample Fundamentals Section") Figure #1. These should be rotated & reflect what is expected in class.

**Literature:** Check the appropriate box for the kind of literature you are practicing. Be specific. If rehearsing a band number, use a different number one for each session.

**Handouts:** All players should be building technical skills on instruments. You may record your practice session in some manner and bring it in for evaluation. This will add an extra 20 minutes to your practice total for the week. Clearly state your goals for that day's practice in practicable and measurable criteria. (e.g. perform measures 3 - 7 at quarter note = 108 three times with perfect rhythm and articulation, etc.)

**Goal Setting/Reflection:** Spend a few thoughtful moments analyzing your goals and approach to today's session. Be specific. Use your evaluation to create a set of measurable goals for your next practice session.

## Practice Strategies

Here are some strategies you might want to try.

Other band members or private teachers might have other ideas.

Clap and Count	Finger and Say	Simplify the Rhythm
Long-Short-Long	Play rhythm on one pitch	Slow it down
Use a metronome	Three times perfect	Say articulation syllables
Pattern Recognition	Chunking	Work back from the end
Isolate one Aspect	Record your playing	Build from the middle

## Practice Chart Scoring

**Detailed Practice Session** - a complete, detailed account of your practice session including specific, measurable goals, use of effective practice strategies, and thoughtful goal setting/reflection. This includes fundamentals, handouts, literature and goal-setting reflections for a total of 30 points.

POINTS: Each report will be graded as to time, quality of answers and expected outcomes.

**Goal Setting Reflection must be done in full sentences with proper grammar!**

Points Earned \_\_\_\_\_

Comments:

Parent Signature \_\_\_\_\_ Student Signature \_\_\_\_\_

**To Be Signed After Student Has Filled out the back side of this Practice Report.**