

Practice Reflection

(Worth UP TO 20 Letter Points)

****A maximum of FIVE of these reflections may be done per school year!
YOU MAY ONLY DO ONE OF THESE PER WEEK MAXIMUM.**

Name: _____

Instrument: _____

*This only counts for letter points if the instrument is the one you play IN band class

Date filled out: _____

1) Approximately how many times per week did you practice for 20 or more minutes in the past month? _____

2) Please list three *specific* goals you wanted to reach with you practice. A few good examples are given to you below.

Example A: My goal was to tongue properly because I did use a “ha” articulation and did not truly use my tongue at all.

Example B: My goal was to be able to play a high A on trumpet consistently, with good tone and no breaks in the sound 8/10 times in a row.

Example C: My goal was to play the tough passages in “Pirates of the Caribbean” fluently with correct notes, rhythms and with good tone. This was measures 234-255.

GOAL #1:

GOAL #2:

GOAL #3:

3) For each goal, write down a specific strategy you used to accomplish it. (Several practice strategies are given below if you need ideas.)

Practice similar exercises on SmartMusic, use SmartMusic's assessment tools, practice with a friend and evaluate each other, get help from private lesson teacher/Mr. Schmitz, slow down the passage and gradually work it up to speed, forget about rhythms and just play notes at my own pace, forget about notes and play the passage all on one note to focus on rhythm, clap/sizzle the rhythm, write the counts for the rhythm, do lip slurs/range-building exercises, practice with a metronome, look up a fingering/alternate fingering online or in a book, name/finger notes (also called name/"air play" for mallets or name/slide for trombone)

STRATEGY/STRATEGIES FOR GOAL #1:

STRATEGY/STRATEGIES FOR GOAL #2:

STRATEGY/STRATEGIES FOR GOAL #3:

4) From one to ten (ten being the highest), please rate your progress toward each goal AND write down how ONE idea on how you might get closer to reaching the goal in the future.

GOAL #1 progress level: _____ Way to get to the next level:

GOAL #2 progress level: _____ Way to get to the next level:

GOAL #3 progress level: _____ Way to get to the next level:

Congratulations!

You are finished. Please hang onto this in your letter points folder (physical or on your computer) in order to turn it in with all lettering materials in mid-May).