

Name \_\_\_\_\_

Date turned in: \_\_\_\_\_

# Orchestra Progress Journal/

One never finds time to practice, one *makes* time.

Practice is a process. Enjoy it!

Day	Piece(s)	Passage(s)	Focus	Time
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

**Questions to ask yourself as you practice:**

**Tone (T)**

- Is my bow at the desired contact point?
- Am I using the right amount of bow?
- Am I in the right part of the bow?
- Am I using the proper bow speed and weight?
- Do you LIKE how it sounds?
- Am I using a correct bow hold?
- Am I using the correct bowings?

**Intonation (I)**

- What key am I in? What are my accidentals?
- Is my posture helping or hindering my finger position?
- Where are my half steps in this key? In this measure?

**Fingering (F)** Am I using the best fingerings?

- Am I using fingerings that eliminate a string crossing?
- Am I using fingerings that provides warmth?

**Rhythm (R)/Tempo**

- What is my time signature?
- Is my pulse steady?
- Am I subdividing?
- Am I going the correct tempo?

**Expression (E)**

- Where does the phrase begin and end?
- Where is the top of the phrase?
- Am I using vibrato where I can?

**Practice Goals:**

Please keep a running list of things that you need to work on in your individual practice sessions. Be specific—a suggestion: list the measure numbers and what you need to work on. Use the questions on the right as a self-assessment tool.

Cross it off the list when you've met your goal—I love that feeling!

**It's much easier to practice when you set goals for each practice session.**

**What are your goals this week?**

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**Personal Assessment**—Did you meet your goal? If not, what still needs work? How can Mrs. Caballero help you?

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