

Orchestra Progress Journal

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

Make time for 4 days a week, 30 minutes a day (MINIMUM).

The more effective and frequent your practice, the more progress you'll make!

Practice is a process. Enjoy it!

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

- Scales _____
- Finger Drills _____
- Shifting Exercises
- Vibrato
- Bowing techniques
- Etudes
- Repertoire

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? (4th finger/shifting)
- 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 tips:

- Use a Metronome
- Use practice rhythms
- LS LSSS SSLS
- SL SLSS SSSL

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 left 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?

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

Practice Goals

Scales

Finger Drills

Goals for scales

Goals for finger drills

Orchestra piece _____

Technical Goals: _____

Musical goals:

Orchestra piece _____

Technical Goals: _____

Musical goals:

Orchestra piece _____

Technical Goals: _____

Musical Goals:

Orchestra piece _____

Technical Goals for: _____

Practice techniques used: