



Video 1: Video Key Points Scavenger Hunt

1. Does the term "effective practice" refer to a single practice sessions or multiple practice sessions?

2. What is the difference between just sitting down to play, and effective practice?

3. What makes practice successful? (Circle all that are true.)
 1. Minimizing distractions
 2. Following your plan
 3. Stopping for frequent breaks, like social media and snack breaks
 4. Practicing a couple times a week

4. What is a suggested way to divide up your practice time?

5. List six things the video suggested you should have beside you before you start each practice session, in addition to your instrument and a music stand.
 1. _____
 2. _____
 3. _____
 4. _____

6. What is an excellent way to track your practice routine?

7. How does a practice journal help you?



Video 1: Assessment Video Key Points Scavenger Hunt

1. Does the term “effective practice” refer to a single practice sessions or multiple practice sessions?
*Effective practice means you have completed a **series** of successful practice sessions, ideally everyday!*
2. What is the difference between just sitting down to play, and effective practice?
With effective practice, you have a plan and a goal, and you track your progress toward (or have met) that goal.
3. What makes practice successful? (Circle all that are true.)
 1. *Minimizing distractions*
 2. *Following your plan*
4. What is a suggested way to divide up your practice time?
20 minutes: technique/warm-up
25 minutes: repertoire/songs
15 minutes: free time/improvisation
5. List six things the video suggested you should have beside you before you start each practice session, in addition to your instrument and a music stand.
 1. *Sheet music*
 2. *Water*
 3. *Any technology you use to help facilitate practice*
 4. *Your journal*
6. What is an excellent way to track your practice routine?
Using a practice journal!
7. How does a practice journal help you?
A practice journal helps you measure your progress and prevents you from wasting time figuring out where you left off in your last session. It provides a plan for each practice session.