CRA Band Practice Reflection

**Why do we need Practice Reflections?**

Playing and practicing are two entirely different activities. Playing your instrument, although it is fun, does not involve a great deal of thought and does not help you progress musically. Practicing your instrument can be fun too, but it requires much more effort than the simple act of playing.

* In practice you formulate a strategy to overcome a musical challenge.
* Practice requires effort, especially slow and careful repetition.
* Effective, thoughtful practice changes your playing abilities.

For the purposes of this assignment, reflections will be handwritten. This allows your director to understand your thought process and level of effort.

**How do I complete a Practice Reflection Form?**

An example is detailed below, with explanation:

**Name:** Full name **Class period:** class period **Absent Date:** Date you were absent **Practice date:** the day you practiced

Describe what you practiced: Use this section to explain what you completed during your practice session. This should go beyond the titles of pieces or exercises and should include details about *how* you worked on notes, rhythm, dynamics and technique. A beginning flute player’s example below would receive full credit.

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| Examples given:   * fingerings * rhythms * difficult passages * important articulations * dynamic contrasts * playing up to speed/tempo * other areas? Please describe. |

Describe the results of your practice: Use this section to reflect on how your practice changed the way you play. Say what you wanted to accomplish when you started (your goals), whether or not you were successful (and why), and what you want to practice next time. The example below would receive full credit.

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| I played three scales to feel warmed-up. I noticed how my deep breathing allowed my instrument to play more responsively while warming up.  I isolated measures 30 to 37 since they are more difficult than other parts of the music. I played them several times until I made measurable improvement.  The forte notes at the end of the song are hard to play with good tone quality. I tried playing them louder than necessary while listening carefully to the tone. This made my embouchure really tired!  I also played measures 80 to 88 because this is an important part for my section. I felt more confident when I was done with this.  Lastly, I worked on my high notes. I tried this for about 5 minutes, but they didn’t get any better. |

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**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class period: \_\_\_\_\_ Absent Date:**  **\_\_\_\_\_\_\_\_\_ Practice date: \_\_\_\_\_\_\_\_\_\_\_\_**

Songs played in the rehearsal I missed AND/OR in preparation for the next rehearsal:

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Describe what you practiced: (1 point)

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Describe the results of your practice. Use details and be specific to earn all 4 points.

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