

Practice Power: Increasing Learning Efficiency with Practice Journals

GP3 Conference 2018: Lightning Talk

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Sample journal page for collegiate piano majors:

Weekly Practice Journal	Dates: _____																			
Specific Goals: (musical, memory, etc.)																				
Technique work: <i>List technique exercises for this week</i>																				
Time practiced: <i>Please check each 15-minute interval that you practiced.</i>																				
Day 1																				
Day 2																				
Day 3																				
Day 4																				
Day 5																				
Day 6																				
Day 7																				
Total Weekly Time: _____																				
Did you meet your minimum weekly requirement? Check one: YES NO																				
Listening this week: <i>List the pieces and <u>artists</u> you heard</i>																				
*Weekly Reflection: <i>Since the last lesson, journal one full paragraph about what went well this week, what you have questions about, what is not working, upcoming performances, etc.</i>																				

Awareness leads to growth

1. Review methods of practicing
2. Repair any flaws in your practice habits
3. Revise practice strategies
4. Request help from your teacher if needed
5. Reflect on your overall progress