

# An Opportunity to Reflect:

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A Practice Journaling Journey

By Yumiko Hastings



# What is Practice Journaling?

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A way to keep track of what you are playing and how it is going, and keeps your practice sessions efficient, healthy, and productive.





...How it's going

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Journal  
Highlights

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Semester Summary

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Bucket list

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Masterclass Notes

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Lesson Reflections

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Daily Practice Record

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Journal Entries

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# Summer

## Work - for now ~ Siena

### Solo Piano

- 1 Scales & Arpeggios 1/2 day.
- 2 Bach French Suite No 1
  - Allemande, - Courante,
  - Sarabande - Menuet
  - Gigue
- 3 Scriabin Preludes op 11.  
No 4, 8, 10, 14 ~~add~~ # 9
- 4 Bartok Suite for Piano Op 14.
  - Allegretto, - Scherzo
  - Allegro molto
  - Sostenuto
- 5 Diener toccata for Piano.
- 6 Mozart Concerto in D minor.

### Harpsichord

- Vivaldi (Accomp)
- " Handel Suite No 5  
in E major
  - o prelude o Allemande
  - o Courante o Air
- <sup>12</sup> Bach ~~flute~~ Sonata  
(full things) no 3



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## Favorite Pieces / Bucket list

Patricia Krumpholtz Sonata 8  
Rach 2  
Rach. elegit  
Mozart Concerto 20 (d minor)  
Debussy Estampes  
Schubert Sonata 2  
Prokofiev Sonata 6  
Prokofiev Sonata 3  
Fazil Say Black Earth  
Gaspard LeRuit  
Debussy  
Clara Schumann 3 romances  
Franz Liszt Chaconne  
Hymns from "Suite Espagnole" - Albeniz  
Vivace Sonata No 1

Bucket list to  
keep me  
inspired

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# Lesson Notes

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DOCUMENT LESSON



TEMPI AND PRACTICE  
DRILLS



***REFLECT  
IMMEDIATELY  
AFTER***



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# Practice 11/5/22

1. Scales G, D, A @ 120 quads → add B

## 2. Beethoven Concerto 2

Mvt 1  
• p 6-8 dynamics  
• cadenza - start learning  
Mvt 2  
• p 1-2 memory  
• listen

→ Check memory  
Continue cadenza  
→ Sight read

## 3. Bach Prelude and Fugue 3

Prelude  
• Memory from yesterday still not great → work memory

→ Check memory

Fugue

• Category: Rhythms

□ □ □ □

→ Put rhythms together

Today went well. Had some trouble focusing at first but once I got going I was fine. A little disappointed in my memory so I worked on the prelude more today.

Hopefully it will be fine tomorrow. I think I am picking up momentum and am happy with where I am right now.



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# Journaling as a *dialogue*


Write how  
you feel in  
the moment

Thoughts are  
not always a  
distraction

Stop and  
write or come  
back later

Reflect

# Why practice journal?



Find what  
works for  
you!

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Let's you focus on the music

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Streamlines practice

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Shows personal and musical progress over time



Thanks for Listening!

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