

Practice: things to consider

- Do you have a plan? Do you set goals?
 - Are your goals attainable? Realistic?
 - Are you trying to accomplish too much?
- What do you do when you do not feel like practicing?
 - How do you inspire yourself?
- What is most effective for you?
 - Have you ever practiced but did not accomplish much?
- How much time?
 - Is there an optimum amount?
 - Do you like to practice for long periods at one time – 2 hours+?
 - Do you like to break practice time up into shorter periods – 30 minutes to an hour?
 - Do you just go with the flow?
 - Do you practice best in the morning, afternoon, evening?
- Routine
 - Do you warm-up or just start playing?
 - Do you have a set series of tasks/activities?
 - Do you repeat tasks/activities on a regular basis?
- What to cover?
 - Instrument challenges
 - Sound/tone
 - Long tones
 - Intonation
 - Touch
 - Technique
 - Reading
 - Scales/Chords
 - Patterns/Ideas
 - Tunes
 - Blues
 - Rhythm
 - Standards
 - Ballads
 - BeBop
 - Latin
 - Contemporary
 - Improvisation
 - Transcriptions
- Practicing away from your instrument
 - Listening to a variety of material
 - Focused listening to the material you are seeking to learn
 - Mental drills covering harmony, scales/chords, rhythm, etc.
 - Visualizing / Soloing in your head
- Assessment
 - Did you set practice goals? If so, did you meet them?
 - Do you assess your practice time? If so, how?
 - How do you incorporate work on your challenging areas?
 - Are you over critical of yourself? Too lenient?