

## Practice Tips

1. Set goals--short/medium/long—and have a goal for each practice session. Make your goals attainable.
2. Have a set time each day or week to practice.
3. Start and end your practice time with familiar material that's less draining and stressful (mentally and physically). Work on the challenging and/or new stuff in the middle.
4. Practice your music in small segments at a time, concentrating on the sections you need to work on for that practice time. Don't just run the song from start to finish over and over.
5. Set performance goals with specific dates and times, even if it's just your own music for your family/friends.
6. Practice in a place that is conducive to work: proper space, lack of distractions, etc.
7. Don't practice mistakes. Make sure you're doing it correctly as soon as possible. Take things slowly at first so that you don't learn it wrong and have to unlearn it.
8. Practice mentally first. This helps you identify trouble areas and potentially avoid mistakes. You will be more productive and less fatigued.
9. Avoid boredom. Keep yourself motivated and productive in practice time. Have fun with it and take turns on the more challenging and less enjoyable parts.
10. Practice focus and concentration—you will need it for performance. Don't put yourself in a position that you will be unfocused and don't allow yourself to run through your music without being focused.
11. Record yourself. You'll notice far more about your technique when you can concentrate on listening without practicing at the same time.
12. Think about what your teacher would say about what you're doing and how you can make improvements.
13. Reflect on what you've accomplished and how far you've come. It will encourage you to keep going.
14. Let people hear you practice. It will help you overcome stage fright. Start with family, friends, or even pets, and gradually move to bigger and more intimidating groups.
15. Be dedicated, not just talented. Most people don't lack the talent, they lack the dedication to put in the necessary time and effort.