

Goal Setting and Structuring Practice

Setting Effective Goals

1. Be honest with yourself about your own strengths and weaknesses (*we all have both*)
2. WRITE DOWN long term goals that are REALISTIC but not too easy
3. Break down long term goals into short term steps
4. Structure individual practice sessions with short term goals in mind

Effective goal setting EMPOWERS you to control your own growth and improvement

Goals should be structured/worded in terms that YOU can control

Bad example: *"I want to make All-Region band"*

Good example: *"I want to be able to play my region etudes with a great tone and musicianship (dynamics, phrasing, vibrato, etc)"*

Be willing to be flexible and adjust goals as life happens

Revisit and redefine your long term goals a few times per year

ASK FOR HELP if you need assistance with any part of this process

Structuring Practice Sessions

Always start with warm up or tone development. This can be shortened (but not eliminated) if you've already played that day.

Outline SPECIFIC goals for every practice session that address short term goals.

RECORD yourself as often as possible. There is nothing more helpful than this while practicing. You will hear things you wouldn't have noticed while playing.

Results-based practicing is better than time-based practicing. Achieve a specific goal rather than practicing for a certain length of time.