This is a SMART Practice Primer
What is SMART Practice?

SMART Practice is “Proactive”

SMART Practice “Puts First Things First”

SMART Practice “Begins with the End in Mind”

From 7 Habits of Highly Effective People by Stephen Covey

“Failure to plan is planning to fail!”

~Benjamin Franklin

SMART Practice is a HABIT
**SMART Practice is All About H A B I T S!**

YOU are an expert with a SPOON and demonstrate graceful mastery on a staircase!

**WHY???
Because you have been practicing for YEARS!**

Are you ready for **SMART Practice**?

Schedule time for practice by using a calendar.

Find a quiet place to practice and gather everything you need.

Set goals. Write them down, make them measurable and be specific and realistic. Check them off and “raise” your goals frequently.

Set up your equipment, including your instrument, music stand, chair, pencils, music folder, metronome and tuner.

Chart your practice with a list of what to practice, because writing it down is a **promise** to do it!

Keep a reflective journal to organize your thoughts, to analyze and to set goals.

Regularly, make audio and/or video recordings of yourself and keep them in a file in a folder on your electronic device.
**SMART Practice**

Success Starts with **SMART** Practice and a Plan

Begin with a long-range goal/dream.
- I will perform a solo with a symphony orchestra.
- I will become a professional musician.
- I will play in a college orchestra or band.

Set medium range goals.
- I will play a Mozart Concerto before I’m 16.
- I want to upgrade to a better-quality instrument when I’m 14.

Set and reset short term goals on a daily basis.
- This week, I will play the Bach Fugue with accurate fingerings and pitch.
- This week, I will play the Bach Fugue at performance tempo.

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**Getting Started with **SMART** Practice**

To Prepare for **SMART** Practice, Gather Your TOYS!
SMART Practice
Success Starts with SMART Practice and a PLAN

What is SMART Practice?

SMART Practice Tips

Warm-up with drills and exercises.
Identify the key of each selection you are practicing.
First, play the scale for the key(s) you have identified, using a rhythm or articulation pyramid.
Select a passage to improve and mark the fingerings in pencil.
First, say the note names in half notes. ("If you can say it, you can play it!")
Be sure you practice every note as a half note using the fingerings provided by the conductor.
Use a metronome to "keep it honest."
Practice VERY SLOWLY using the original rhythm and bowings/articulations.
Gradually increase the tempo by "inchling up" on the metronome.
How many times have you played the passage correctly?
Ten successive times right today, and ten more tomorrow will already make the passage 20 times better than it was before!
Schedule your next practice session.
Reflect in your journal and set new short-term goals for tomorrow!
SMART Practice

Warm-ups and Scales are the foundations of technique.

SMART Practice is Training Your Brain

Input = Output...

So if you “told the computer” that $2 + 2 = 5$
that is what the printer will ALWAYS print!
This is Your Brain on SMART Practice!

Practice is a **process**.

Practice is all about **habit development**.

Practice is a process that leads to **self-confidence**.

Practice is an opportunity for **self discovery**.

Practice is **cumulative**.

Practice is where you can **make mistakes privately**.

**Amateurs practice to get it right. Amateurs practice to get it right.**

**Professionals practice so they can never play it wrong.**

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Warm up with a scale you know – G Major.
Practise this using the Rhythm and Slur Pyramids.

A. 

B. 

String players should write in fingerings and mark the half steps.
Practice B in both first and third positions, ascending and descending.

**Note:** This scale should be used as a warm-up for *Two Pieces from Iphigenia in Aulis*.
SMART Practice Makes...

SELF-CONFIDENCE!!!