

# Practice Regeime

## How do I practice?

Without practice you can't progress, and without progress your musical experience could begin to stagnate. Learning an instrument can be very rewarding, but 'you will only get out of it what you put into it'. Regular practice is very important, but practice habits can vary from person to person.

There is no time more important than at the beginning of your learning experience to keep a regular practice regime. For the best results, daily practice is recommended in the first few weeks of starting your lessons. If that isn't possible, try to practice three to four times a week, every second day, for ten to twenty minutes. Obviously there is no harm in practicing more if you want to.

Here are a few suggestions that can help improve the results of your practice.

- Practice is as much about quality as it is about quantity. Talk to your teacher about how to 'practice effectively'. Effective practice is all about spending your time practicing the right things.
- Try to create an environment to practice in that is free from distractions, where you can concentrate.
- Make sure that your instrument and all of your equipment is set up and ready to go in your practice environment. It will be more easy to practice regularly if your equipment is ready to go.
- It helps to understand 'how we learn'. Learning works best when you practice regularly, even if each session is only 20 minutes long. One practice session a week for just two hours is not as effective as regular short practice sessions.
- Always try to practice when you are happy and relaxed, you'll be more receptive to retaining what you learn.
- Make sure you understand exactly what you should be practicing, ask your teacher if you're not sure. As a guide: try to recreate your lesson during your practice sessions; start with warm ups, repeat songs and exercises and any areas that need attention until you are satisfied that you have made some progress.
- The only way to learn something is through repetition; playing something once through is not practicing.
- Take the time to practice things slowly first. Go slow enough to ensure you are practicing everything correctly.

Try talking through a suggested practice schedule with your teacher, this will help you define the commitment you will be able to make to your instrument, and give your teacher a better idea of how to plan your lessons.

Try using this one week calendar to plan out when you will be able to schedule in your practice time.

	MON	TUE	WED	THU	FRI	SAT	SUN
Morning	mins	mins	mins	mins	mins	mins	mins
Midday	mins	mins	mins	mins	mins	mins	mins
Evening	mins	mins	mins	mins	mins	mins	mins