

How to Practice

Wynton's Ways to Practice from *Marsalis on Music*

- 1) Seek private instruction
- 2) Make a schedule
- 3) Set goals
- 4) Concentrate
- 5) Relax: practice slowly
- 6) Practice hard parts longer
- 7) Play with expression
- 8) Learn from your mistakes
- 9) Don't show off
- 10) Think for yourself
- 11) Be optimistic
- 12) Look for connections

SMART: Five step process for setting goals

Specific

What's the goal?

Ex. I will learn the Bb scale.

Measurement

How do we measure if we have achieved our goal?

Ex. I will perform the Bb scale to a specific pattern at mm. quarter note = 120.

Actions

What will you do (actions) to achieve your goal?

Ex. I will practice 30 minutes a day with my instrument and metronome.

Resources

What you have available?

Ex. I could get a private teacher, plan more practice time, find a good practice space, etc...

Time

By when will you achieve this goal?

Ex. The date for the Bb test is two weeks from now.

Evaluate the result: maybe too easy, maybe too hard