

# Learning Journal

This is a space to reflect upon the Additional Reflection questions at the end of each unit.  
Participation is optional and is for the benefit of the course participant.

<u>Unit 1 : Expanding Your “Practice”</u>	
Questions	Answers
1) Did you notice any patterns in the content or construction of your practice sessions when you were documenting it/them for the Practice Tracker?	
2) Were you ever taught how to practice? Do you see any of your previous instructors reflected in how you currently practice your instrument?	
3) How often do you utilize any alternative techniques in your classroom or your own practice?	

**Unit 2 : Practice Content and Construction**

Questions	Answers
1) After viewing the video, do you find yourself following the ‘best practices’ for elite-level performers, or have you settled into a routine that works for you?	
2) Consider your first reflection activity for Unit 2 (after going over your practice tracker). Did you use any techniques or practice any content that was not listed here? What was it, and what about it do you consider educationally/musically valuable?	

**Unit 3 : Visualizing Practice**

Questions	Answers
1) Do you see yourself and your students being able to incorporate individualized practice visuals during the school year (on either a regular or irregular basis)?	

2) If you can, recall your practice routine as a student. Were you encouraged to take stock of and ownership in your own learning in this way? How do you think this will benefit (or fail to benefit) your students?	