

**Figure 3.12** - Screenshot of a Sample Digital Practice Assignment Form Designed According to a Diary Approach - for Advanced Learners.

Name: <input type="text"/>	Class: <input type="text"/>	Date: <input type="text"/>	URL/Link to practice video: <input type="text"/>
<b>BEFORE STARTING MY PRACTICE</b>			
<p><b>GOAL SETTING</b> Describe three goals you have set for this practice session. These should <i>not</i> be written in general terms (e.g., “work on technique”). Be as specific as you can (e.g., <i>lighter touch left hand in bars 8-12/section B; effectively play through an 8-bar section of a new piece of music that has been identified as important</i>).</p> <p><b>TIME PLANNING</b> How many minutes of your practicing do you believe will be necessary to reach each of your goals?</p> <p><b>STRATEGIC PLANNING</b> Explain the strategies that you believe will be critical for optimizing your performance when it comes to these three goals.</p> <ol style="list-style-type: none"> <li>1. What do strategies or practice behaviors can you use during your practicing to accomplish these goals?</li> <li>2. Do you have any other plans for how to achieve these goals?</li> </ol>	<p>The three goals I want to achieve in this session are:</p> <ol style="list-style-type: none"> <li>1. <input type="text"/></li> <li>2. <input type="text"/></li> <li>3. <input type="text"/></li> </ol> <p>The amount of time I plan to use to achieve each of these goals are:</p> <ol style="list-style-type: none"> <li>1. <input type="text"/></li> <li>2. <input type="text"/></li> <li>3. <input type="text"/></li> </ol> <p>The strategies I plan to use to achieve these goals are:</p> <ol style="list-style-type: none"> <li>1. <input type="text"/></li> <li>2. <input type="text"/></li> <li>3. <input type="text"/></li> </ol> <div style="border: 1px solid black; height: 80px; width: 100%; margin-top: 10px;"></div>		

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<b>AFTER MY PRACTICE WAS COMPLETED</b>													
<p><b>SELF-EVALUATION</b></p> <p>How did you do in this practice session? Evaluate how productive and effective your strategies were,</p> <p><i>e.g., I didn't practice effectively today because the strategies I identified weren't appropriate</i></p> <p><i>e.g., learning that 8-bar section was easy today; perhaps next time I can be more ambitious about what I fit into a practice session</i></p>	<p>My practice was <i>(circle the number that most applies)</i></p> <p>Not at all Effective <span style="float: right;">Highly Effective</span></p> <p style="text-align: center;"> <input type="radio"/> 0   <input type="radio"/> 1   <input type="radio"/> 2   <input type="radio"/> 3   <input type="radio"/> 4   <input type="radio"/> 5   <input type="radio"/> 6   <input type="radio"/> 7   <input type="radio"/> 8   <input type="radio"/> 9   <input type="radio"/> 10         </p> <p>Why?</p> <div style="background-color: #cccccc; height: 80px; width: 100%;"></div> <p>The strategies I chose to achieve my goals were:</p> <p>Not at all Effective <span style="float: right;">Highly Effective</span></p> <p style="text-align: center;"> <input type="radio"/> 0   <input type="radio"/> 1   <input type="radio"/> 2   <input type="radio"/> 3   <input type="radio"/> 4   <input type="radio"/> 5   <input type="radio"/> 6   <input type="radio"/> 7   <input type="radio"/> 8   <input type="radio"/> 9   <input type="radio"/> 10         </p>												
<p><b>SELF-SATISFACTION</b></p> <p>Indicate whether you feel your practice was satisfying or disappointing.</p> <p>Describe your feelings and emotional reactions to your judgements about how well you went in this practice session.</p>	<p>My practice session was:</p> <p>Completely Disappointing <span style="float: right;">Completely Satisfying</span></p> <p style="text-align: center;"> <input type="radio"/> 0   <input type="radio"/> 1   <input type="radio"/> 2   <input type="radio"/> 3   <input type="radio"/> 4   <input type="radio"/> 5   <input type="radio"/> 6   <input type="radio"/> 7   <input type="radio"/> 8   <input type="radio"/> 9   <input type="radio"/> 10         </p> <p>... and this caused me to feel:</p> <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Enthusiastic</td> <td><input type="checkbox"/> Determined</td> <td><input type="checkbox"/> Interested</td> </tr> <tr> <td><input type="checkbox"/> Focused</td> <td><input type="checkbox"/> Empowered</td> <td><input type="checkbox"/> Excited</td> </tr> <tr> <td><input type="checkbox"/> Normal</td> <td><input type="checkbox"/> Disinterested</td> <td><input type="checkbox"/> Unmotivated</td> </tr> <tr> <td><input type="checkbox"/> Helpless</td> <td><input type="checkbox"/> Eager</td> <td></td> </tr> </table>	<input type="checkbox"/> Enthusiastic	<input type="checkbox"/> Determined	<input type="checkbox"/> Interested	<input type="checkbox"/> Focused	<input type="checkbox"/> Empowered	<input type="checkbox"/> Excited	<input type="checkbox"/> Normal	<input type="checkbox"/> Disinterested	<input type="checkbox"/> Unmotivated	<input type="checkbox"/> Helpless	<input type="checkbox"/> Eager	
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<p>My overall estimate of the percentage of this practice session that was focused and concentrated is:</p> <p style="text-align: center;"> <input type="radio"/> 0%   <input type="radio"/> 10%   <input type="radio"/> 20%   <input type="radio"/> 30%   <input type="radio"/> 40%   <input type="radio"/> 50%   <input type="radio"/> 60%   <input type="radio"/> 70%   <input type="radio"/> 80%   <input type="radio"/> 90%   <input type="radio"/> 100%         </p>													