

**Figure 3.8** - Screenshot of a course management system Wiki page with instructions that accompany an embedded instructional video—for advanced learners).

## ***Starting out Your Practice Session***

### **Instructions:**

1. Please watch the video below. It includes an explanation and demonstration of some valuable things to focus your attention on prior to beginning a practice session.
2. *As you watch the video*, take notes on how you could apply these planning-related ideas when practicing our concert repertoire.
  - Specifically consider:
    - Whether and how you could arrange for a place to concentrate and focus at home or at school during free study hours
    - How you could apply the ideas we discussed in rehearsal for analyzing music for challenges on your own
    - What some of your own personal strengths and challenges might be
3. *After you have watched the video*, click on the following link to our collaborative document and enter your plans for trying out these ideas. Follow the instructions on the collaborative document and be as specific as possible, noting the details requested. (Please be aware that you will be entering your information on a shared document that the other students in the class can see.)

### **Video link:**



**[Link to Collaborative Document](#)**