



Practise Tips

There are no short-cuts to becoming a great musician. It requires many hours of practise and plenty of persistence – but the rewards are great. There are however, smart ways to go about practising to get the most out of your time. Here are a few of them.

1. Practise Regularly – Students who get in the habit of practising daily will enjoy big advances in their musical development. Practising a certain amount every day is far more beneficial than trying to cram a week out from a concert or exam.
2. Focus – Research has shown that students who are mentally engaged in their practise will achieve better results more quickly. So make sure you are focusing on what you are doing. For example, when practising ask yourself questions like “am I producing a good sound”, “is my rhythm sounding steady” or “am I tensing up in my shoulders when I shouldn’t be”.
3. Goals – Set yourself goals to work towards, both short and long term. It might be that you want to have the first page of a particular piece learnt by the end of the week. Or that you want to be able to perform your new marimba or vibes piece in that concert next term. Write down your goals (use the page below) and stick them on your bedroom wall or somewhere you will always see them.
4. Record Yourself – There is nothing like a recording to give you a reality check on how you’re really sounding. Record yourself every week and listen back and critic yourself. It’s easy to do these days with smart phones – you can use either the video or audio recorder.
5. Persistence – This is my favourite – don’t give up! The saying goes “nothing great is ever achieved without much enduring”. This is true of music. You will have days where you feel like you’ve achieved a great deal and others where you seem to go backwards. But if you keep at it, you will absolutely improve and achieve your goals. Now get practising!

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My Musical Goals

Use this sheet to set your musical goals. Write down what you want to achieve.

Short Term Goal (this week)

Medium Term Goal (this month)

Long Term Goal (this year)
