

### Practice Journal Assignment (100 points/week)

One of the school-wide goals at Howard is the improvement of writing skills. We will address this goal through the use of a practice journal. There will be one entry required each week that will consist of two parts. First, a chart must be included to show the time spent practicing. Second, a three-paragraph summary of the week's practice must be included with the first paragraph stating the goals of the week, the second paragraph stating the methods used to meet those goals, and the third paragraph to reflect on successes and failures during the week's practice time. Suggested practice time is averaging 45 minutes- 1 hour/day.

#### Example:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3-4:30	2:45-3:15	8-9	2:45-3	4-5	9-Noon	10-10:15

My goals for this week are to relax my bow arm to produce a more consistent, beautiful sound and to work on my 3<sup>rd</sup> position technique. Specifically, I would like to master the Vivaldi A-minor concerto in my Suzuki book.

In order to meet these goals, I am including some long-tone exercise in my practice that I will do in front of a mirror (to make sure that my bow is straight), some scale studies that include third position shifts, and a few shifting studies from my Essential Technique book. I will divide the Vivaldi into 8 measure phrases and try to build my ability to play that piece in those sections.

The exercises were helpful, but I struggled to relax my bow arm. I felt that when I tried to relax too much, the bow was going to fall out of my hand. I have to revisit my bow grip to see if that is the cause of the problem. The Vivaldi is getting better, but I think that I can make the beginnings of the notes (is that called the articulation?) a bit clearer.