

YOU ARE YOUR OWN TEACHER

BUILDING SUCCESSFUL PRACTICE AND TIME MANAGEMENT SKILLS

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TOP 10 TIPS FOR EFFECTIVE PRACTICE

1. Practice is a class and YOU are the teacher
 - Record yourself
 - Be self-critical
 - Ask WHY you are playing that incorrectly
2. Slow and deliberate
 - Use specific tempos with a metronome
 - Include phrasing, inflection, dynamics, etc from the beginning
3. Interleaved vs. Blocked
 - Break down the session into smaller segments and alternate between them
4. Smarter, not necessarily longer
 - Take breaks, get a drink, eat a snack
 - Start with passages that need work, not always at the beginning
5. Keep a practice log
 - Lesson plan for yourself
 - See example
6. Practice away from the instrument
 - Mental practice, physical in different ways (sing, on piano, etc)
7. Write on your music
 - Circle trouble spots, dynamic changes, use a highlighter
 - See example
8. Add variables
 - Run up and down the hall to simulate nerves; practice in different rooms
9. Set realistic goals
 - Plan long term goals ahead and base short term goals off of them
10. Reward yourself
 - Time to relax, cut a session short if you reached all your goals

SUGGESTIONS FOR IMPROVED TIME MANAGEMENT

- Schedule your practice for the following week each weekend
 - Put it in your calendar and hold yourself to it
 - See example
 - You are your own teacher
 - If you don't show up to class, how can you succeed?
- Keep a practice log
 - Have specific goals for the session, week, semester, etc.
 - See example
- Prioritize work based on importance
 - Importance to your success, not necessarily your perception of importance

RESOURCES

The Inner Game of Music by Barry Green with W. Timothy Gallwey (theinnergame.com)

The Musician's Way by Gerald Klickstein (musiciansway.com)

bulletproofmusician.com

“Why You’re Not Making Progress On Your Instrument... and How to Fix It” (<https://www.musical-u.com/learn/why-youre-not-making-progress-instrument-fix-it/>)

“10 Easy Ways to Optimize Your Music Practice” (<https://www.npr.org/sections/deceptivecadence/2013/09/03/216906386/10-easy-ways-to-optimize-your-music-practice>)

REQUIREMENT OF TALENT IS A MYTH!

**GREATNESS IS LEARNED THROUGH
HARD WORK AND DELIBERATE EFFORT!**

Presented at the McMurry University Percussion Festival
May 13, 2022



DEPARTMENT OF MUSIC
UNIVERSITY OF ARKANSAS AT LITTLE ROCK

mallettech

Zildjian

GROVER
PRO PERCUSSION®

Spring 18

1/16 - Burritt

- 1 - all @ $\angle = 76$
- 3 - notes
- 5 - top-Dolce @ $\angle = 82$
 - Dolce $\angle = 82$
- Sammut
 - Top-16 - notes
- Vinão
 - 3/6 - end @ $\angle = 180$

1/17 - Vinão

- Var. 8 - end @ $\angle = 180$
- Top - Var. 3 @ $\angle = 180$
- 41
 - Top - C, notes

1/22 - Burritt

- 1 - mem, slow
- 3 - mem, slow
- 2 - top-17 notes
- 4 - top-10 notes
- Sammut
 - top-33 notes
- Vinão
 - 239 - end @ $\angle = 180$
 - top-41 @ $\angle = 180$

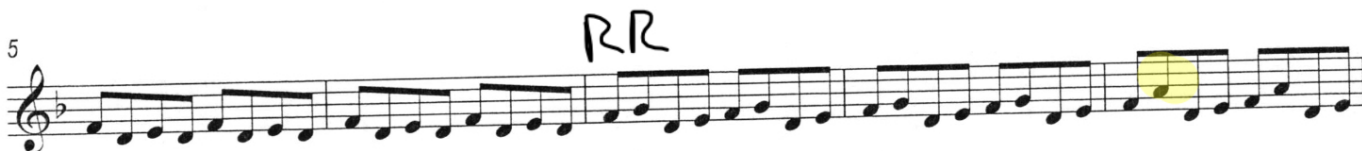
for Thad Anderson
Gravity

Marc Mellits

♩ = ca. 120; Intense!

Blend and match ensemble.

* 

5 

10 

15 

20 

25 

30 

* All instruments should match their sound and blend together. This may (or may not) mean all instruments use the same mallet. Gravity may be played with mixed mallets, for example rubber on the Marimbas and yarn on the Vibraphones, or the same type of mallet may be employed throughout. The main objective is to get a rich blend and matched sound between the ensemble.

January 2015

< Today >

	Mon 19	Tue 20	Wed 21	Thu 22	Fri 23	Sat 24	Sun 25
all-day						Nexus	
6 AM							
7 AM		6:30 AM (7:30... Practice Deane	Drumming 4,2	6:30 AM (7:30... Practice Deane	Drumming 2,4		
8 AM		Practice Trev...	Practice Deane	Practice Khan	8 AM (9 AM E... Practice Khan		
9 AM		9 AM (10 AM E... Practice Redline	Lesson	Practice Lang			
10 AM			Practice Lang	Chri... Sarr...	9:30 AM (10:3... Practice Lang		
11 AM		Lunch	Lunch	Lunch	L... 		
Noon		Wind Ensem...	Wind Ensem...	Wind Ensemble			
1 PM			Orchestra Tc...		Orchestra Se...		
2 PM		Practice Lang		Practice Redli...	Practice Deane	Soldier's Tale	
3 PM		3 PM (4 PM E... Drumming 3,1	3 PM (4 PM E... Practice Redline	3 PM (4 PM ES... Redline, Dru...	Form Ethan		
4 PM					Alex...		
5 PM	Alexander						4 PM (5 PM E... Nexus concert
6 PM							
7 PM	6:30 PM (7:30... GSO (Dana) Me, Shosty	6:30 PM (7:30... GSO (Dana) Shosty, Ravel	6:30 PM (7:30... GSO (Dana) ...	6:30 PM (7:30... GSO (Ayccock) Ravel, Shosty, Me	6:30 PM (7:30... GSO Ayccock	7 PM (8 PM ES... GSO Dana	
8 PM							
9 PM							
10 PM							

February 2015

< Today >

	Mon 2	Tue 3	Wed 4	Thu 5	Fri 6	Sat 7	Sun 8
all-day							
6 AM							
7 AM		6:30 AM (7:30... Practice Lang		6:30 AM (7:30... Practice Lang			
8 AM		8 AM (9 AM E... Practice Khan	Pra... Pra...	8 AM (9 AM E... Practice Khan, Sparkle	8 AM (9 AM E... Practice Lang		
9 AM	8:30 AM (9:30... Practice Lang		Lesson				
10 AM		9:30 AM (10:3... Practice Redl...	Practice Elec...	Chri... Sarr...	9:30 AM (10:3... Practice Khan		
11 AM	Lunch Adam	Jake Lunch	Lunch	Lunch	L... 		
Noon	Wind Ensem...	Wind Ensem...	Wind Ensem...	Wind Ensemble			
1 PM	Orchestra Tc...	1 PM (2 PM ES... Practice Deane/Redline	Orchestra Da...		Orchestra Da...	Setup	
2 PM				Practice Redli...	2 PM (3 PM ES... Practice Strai...	NCBB rehear...	
3 PM	Rep... Pra...		2:30 PM (3:30... Practice Redl...			3 PM (4 PM ES... NCBB Concert	
4 PM		Din...					
5 PM	4:30... Roars /Cord						
6 PM							
7 PM			7 PM (8 PM ES... Casella dress	6:30 PM (7:30... Casella conc...	Drumming		
8 PM							
9 PM							
10 PM							