

Structure for “Optimize your Practice”

Basic structure for each lesson:

45 minutes watching videos and analysis/reflection

15 minutes introducing the new idea and assignment for next week

Part 1. Deliberate practice.

- Intro. Introduction to the course. Slides about motivation. Example with high-level performer with an open mindstet - Benjamin Schmid. Becoming “the best improver” – in all aspects.
Self-assessment exercise + “dream goal” exercise upload on Moodle
- Goal setting. Deliberate practice.
Record a video with 5 sec pause before repetitions. Choose a specific goal to improve.
- Looping/evaluation strategies. How and what to loop. How to connect details into larger sections. Plans/strategies for correcting mistakes.
- Record a video, where you work on a detail and afterwards connect to the musical surroundings
Assessment of new potentials. Which other parameters might deserve attention? What can one practice to improve? What is a mistake?
Record a video, where you focus on other parameter, than you would normally
- Random practice. Introduction.
Record a video with random practice

Part 2. Achieving artistic excellence

- Practicing the performance. Connection to the artistic expression and the “multiverse” of interpretation.
Record a video with (improvised) unison melody with specific emotions/expressions
- Evaluation and discussion of concrete musical tools for achieving specific expressive qualities
Record a video with two different expressions, where the others are to guess what it being expressed
- Quiz!
Record a video with themes/motives from real repertoire with different emotions/expressions. Can be without accompaniment
- “Varied” practice. (As described in Susan Williams: Quality Practice)
Record a video with varied practice
- Evaluation