

PRACTISE WITH PURPOSE DIARY



Practise with purpose to make your practice sessions more productive and enjoyable, giving you the best chance of success in your Rockscool exam!

rockschool®

EXAMPLE	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 6 TH JANUARY	✓	<ul style="list-style-type: none"> Worked on A♭ major, E major Went through dominant 9th chords 	<ul style="list-style-type: none"> Went over section B of All of Me Tried opening section of Ghost Train with rotor on
TUESDAY 7 TH JANUARY	✓	<ul style="list-style-type: none"> Practised Technical Study Worked on minor 9th chords 	<ul style="list-style-type: none"> Used Repeat to get section C sounding clean Played All of Me all the way through with rotor on
WEDNESDAY 8 TH JANUARY	✓	<ul style="list-style-type: none"> Tried sight reading some new pieces Transcribed a solo for improv 	<ul style="list-style-type: none"> Looked at dynamics and tried to create more variation Worked on getting opening of Shut up f Dance slick rotor on
THURSDAY 9 TH JANUARY	✓	<ul style="list-style-type: none"> Practised all my pentatonics Worked on C dorian + C mixolydian 	<ul style="list-style-type: none"> Improved comping in Ghost Train Practised swing feel in Goodbye Yellow Brick Road
FRIDAY 10 TH JANUARY	✓	<ul style="list-style-type: none"> Went over my arpeggios Did minor scales up to speed with click 	<ul style="list-style-type: none"> Improved comping in Ghost Train Practised swing feel in Goodbye Yellow Brick Road
SATURDAY 11 TH JANUARY	✓	<ul style="list-style-type: none"> Tried chord voicings without the book Improvise over a blues 	<ul style="list-style-type: none"> Experimented with splash sounds on Recover Played pieces one after the other
SUNDAY 12 TH JANUARY	✓	<ul style="list-style-type: none"> Practised F harmonic minor with both hands Improvise 	<ul style="list-style-type: none"> Used Repeat to go over end of Shut up f Dance

ROCKSCHOOL'S PRACTICE DIARY: PRACTISE WITH PURPOSE

WHY DO WE PRACTISE?

Practising regularly is absolutely key to any musician's development, regardless of where they are on their musical journey. An absolute beginner and an experienced professional will practise in very different ways, but both will need a routine that helps them to maximise their potential by attaining new skills, and then maintaining and building on them.

Practice can often be seen as a chore, especially when the deadline for a concert or exam is looming, therefore it is important to make your routines efficient and varied to stay positive and motivated. Give yourself regular goals, and suddenly it's not that boring after all!

If this is something you think your practice sessions could profit from, try out Rockschool's practice diary to help you practise with purpose, set realistic and achievable goals, and stay motivated! Practice is not about reaching perfection – it is about being better than you were yesterday.

HOW CAN ROCKSCHOOL'S PRACTICE DIARY HELP YOU PRACTISE WITH PURPOSE?

This practice diary helps you keep track of your daily practice and monitor your own progress as you master a technique, nail a performance piece, and prepare for your next Rockscool exam.

On each page you'll find space to make notes on your weekly practice routine to ensure that your sessions are as productive as possible, and that you are well prepared for the different sections of the Rockscool exams. This diary contains individual boxes for warm ups, supporting tests, and performance pieces that will allow you to identify your strengths and weaknesses, ultimately leading to more efficient and rewarding practice.

We have also included space for teachers' comments, so that they can review your practice and offer guidance on how to improve. Sometimes it can be hard to target areas of improvement on your own before a lesson, so it is always helpful to get some direction from your teacher to guide your practice. This way, you're quite literally on the same page!

HAPPY PRACTISING!



EXAMPLE	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 6 TH JANUARY	✓	<ul style="list-style-type: none"> Worked on Ab major, E major Went through dominant 9th chords 	<ul style="list-style-type: none"> Went over section B of All Of Me Tried opening section of Ghost Town with rotor on
TUESDAY 7 TH JANUARY	✓	<ul style="list-style-type: none"> Practised Technical Study Worked on minor 9th chords 	<ul style="list-style-type: none"> used Replay to get section C sounding clean Played All Of Me all the way through rotor on
WEDNESDAY 8 TH JANUARY	✓	<ul style="list-style-type: none"> Tried sight reading some new pieces Transcribed a solo for improv 	<ul style="list-style-type: none"> Looked at dynamics and tried to create more variation Worked on getting opening of Shut up ; Dance slick rotor on
THURSDAY 9 TH JANUARY	✓	<ul style="list-style-type: none"> Practised all my pentatonics Worked on C dorian + C mixolydian 	<ul style="list-style-type: none"> Improved comping in Ghost Town Practised swing feel in Goodbye Yellow Brick Road
FRIDAY 10 TH JANUARY	✓	<ul style="list-style-type: none"> Went over my arpeggios Did minor scales up to speed with click 	<ul style="list-style-type: none"> Improved comping in Ghost Town Practised swing feel in Goodbye Yellow Brick Road
SATURDAY 11 TH JANUARY	✓	<ul style="list-style-type: none"> Tried chord voicings without the book Improvise over a blues 	<ul style="list-style-type: none"> Experimented with synth sounds on Recover Played pieces one after the other
SUNDAY 12 TH JANUARY	✓	<ul style="list-style-type: none"> Practised F harmonic minor with both hands Revised modes 	<ul style="list-style-type: none"> used Replay to go over end of Shut up ; Dance

TEACHER'S COMMENTS:

Good progress this week! Clear improvement in technical fluency in pieces - now think about adding more light and shade. Minor scales and arpeggios are sounding much smoother, but modal scales (lydian, mixolydian etc) could do with some looking ahead of next week's lesson.

SELF-ASSESSMENT:

WHAT I DID WELL:

Patient when working on scales
 used Replay well to nail tricky sections in performance pieces
 Found some cool sounds when using different patches

MY TARGETS FOR NEXT WEEK:

Improve fluency in chromatic scales
 Work on time in All Of Me
 Practice syncopated sections of modal study

WEEK 1	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 2 ND DECEMBER			
TUESDAY 3 RD DECEMBER			
WEDNESDAY 4 TH DECEMBER			
THURSDAY 5 TH DECEMBER			
FRIDAY 6 TH DECEMBER			
SATURDAY 7 TH DECEMBER			
SUNDAY 8 TH DECEMBER			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK 2	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 9 TH DECEMBER			
TUESDAY 10 TH DECEMBER			
WEDNESDAY 11 TH DECEMBER			
THURSDAY 12 TH DECEMBER			
FRIDAY 13 TH DECEMBER			
SATURDAY 14 TH DECEMBER			
SUNDAY 15 TH DECEMBER			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK 3	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 16 TH DECEMBER			
TUESDAY 17 TH DECEMBER*			
WEDNESDAY 18 TH DECEMBER			
THURSDAY 19 TH DECEMBER			
FRIDAY 20 TH DECEMBER			
SATURDAY 21 ST DECEMBER			
SUNDAY 22 ST DECEMBER			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK 4	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 23 RD DECEMBER			
TUESDAY 24 TH DECEMBER			
WEDNESDAY 25 TH DECEMBER			
THURSDAY 26 TH DECEMBER			
FRIDAY 27 TH DECEMBER			
SATURDAY 28 TH DECEMBER			
SUNDAY 29 TH DECEMBER			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK 5	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 30 TH DECEMBER			
TUESDAY 31 ST DECEMBER			
WEDNESDAY 1 ST JANUARY			
THURSDAY 2 ND JANUARY			
FRIDAY 3 RD JANUARY*			
SATURDAY 4 TH JANUARY			
SUNDAY 5 TH JANUARY			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK 6	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 6 TH JANUARY			
TUESDAY 7 TH JANUARY			
WEDNESDAY 8 TH JANUARY			
THURSDAY 9 TH JANUARY			
FRIDAY 10 TH JANUARY*			
SATURDAY 11 TH JANUARY			
SUNDAY 12 TH JANUARY			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL: **MY TARGETS FOR NEXT WEEK:**

WEEK 7	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 13 TH JANUARY			
TUESDAY 14 TH JANUARY			
WEDNESDAY 15 TH JANUARY			
THURSDAY 16 TH JANUARY			
FRIDAY 17 TH JANUARY		ENTER FOR MY EXAM TODAY!	
SATURDAY 18 TH JANUARY			
SUNDAY 19 TH JANUARY			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK 8	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 20 TH JANUARY			
TUESDAY 21 ST JANUARY			
WEDNESDAY 22 ND JANUARY			
THURSDAY 23 RD JANUARY			
FRIDAY 24 TH JANUARY			
SATURDAY 25 TH JANUARY			
SUNDAY 26 TH JANUARY			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK 9	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 27 TH JANUARY			
TUESDAY 28 TH JANUARY			
WEDNESDAY 29 TH JANUARY			
THURSDAY 30 TH JANUARY			
FRIDAY 31 ST JANUARY			
SATURDAY 1 ST FEBRUARY			
SUNDAY 2 ND FEBRUARY			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK 10	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 3 RD FEBRUARY			
TUESDAY 4 TH FEBRUARY			
WEDNESDAY 5 TH FEBRUARY			
THURSDAY 6 TH FEBRUARY			
FRIDAY 7 TH FEBRUARY			
SATURDAY 8 TH FEBRUARY			
SUNDAY 9 TH FEBRUARY			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK 11	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 10 TH FEBRUARY			
TUESDAY 11 TH FEBRUARY			
WEDNESDAY 12 TH FEBRUARY			
THURSDAY 13 TH FEBRUARY			
FRIDAY 14 TH FEBRUARY			
SATURDAY 15 TH FEBRUARY			
SUNDAY 16 TH FEBRUARY			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK 12	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 17 TH FEBRUARY			
TUESDAY 18 TH FEBRUARY			
WEDNESDAY 19 TH FEBRUARY			
THURSDAY 20 TH FEBRUARY			
FRIDAY 21 ST FEBRUARY			
SATURDAY 22 ND FEBRUARY			
SUNDAY 23 RD FEBRUARY			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK 13	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 24 TH FEBRUARY			
TUESDAY 25 TH FEBRUARY			
WEDNESDAY 26 TH FEBRUARY			
THURSDAY 27 TH FEBRUARY			
FRIDAY 28 TH FEBRUARY			
SATURDAY 29 TH FEBRUARY			
SUNDAY 1 ST MARCH			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK 14	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 2 ND MARCH			
TUESDAY 3 RD FEBRUARY			
WEDNESDAY 4 TH FEBRUARY			
THURSDAY 5 TH FEBRUARY			
FRIDAY 6 TH FEBRUARY			
SATURDAY 7 TH FEBRUARY			
SUNDAY 8 TH MARCH			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK 15	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 9 TH MARCH			
TUESDAY 10 TH MARCH			
WEDNESDAY 11 TH MARCH			
THURSDAY 12 TH MARCH			
FRIDAY 13 TH MARCH			
SATURDAY 14 TH MARCH			
SUNDAY 15 TH MARCH			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK 16	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 16 TH MARCH			
TUESDAY 17 TH MARCH			
WEDNESDAY 18 TH MARCH			
THURSDAY 19 TH MARCH			
FRIDAY 20 TH MARCH			
SATURDAY 21 ST MARCH			
SUNDAY 22 ND MARCH			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK 17	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 23 RD MARCH			
TUESDAY 24 TH MARCH			
WEDNESDAY 25 TH MARCH			
THURSDAY 26 TH MARCH			
FRIDAY 27 TH MARCH			
SATURDAY 28 TH MARCH			
SUNDAY 29 TH MARCH			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK 18	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 30 TH MARCH			
TUESDAY 31 ST MARCH			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK: