

## Practice Journal Instructions and Rubric

**Beginning Band** students are expected to practice a minimum of 75 minutes per week. It will be more helpful if you split this practice into smaller sessions throughout the week. **Intermediate Band and Advanced Band** students are expected to practice a minimum of 120 minutes per week. It will be more helpful if you split this practice into smaller sessions throughout the week.

This practice time will be logged in a practice journal which will be submitted every Monday. If you wish to submit it earlier, you may do so. There is a specific form that must be filled out on your laptop and submitted each week. It can be found in the file "Practice Journal Template" in the module "Important Documents For This Term." You can also find an example of a practice journal that has been filled out in the same location.

Another useful resource for completing your practice journal will be the document "List Of Possible Goals And Strategies," which can also be found in the module "Useful Documents For This Term." It isn't required that students use this document, but if they are struggling to know what kinds of goals they should set, which strategies they could use to accomplish those goals, or if they are consistently being marked down for having goals that are not thoughtful, they could use this list as a reference.

As always, if you ever have any questions, please reach out to me! I'm always happy to help with anything I can to make your practice as efficient as possible!

## Rubric

Students will be graded on two aspects of their practice journals:

- 1) Did they practice the required amount of time
- 2) Did they fill out their journals in the specified format

They will be given a grade for each of these components as shown below, and those grades will be averaged to give their total grade for that week's practice journal assignment.

### Advanced and Intermediate Band

| Proficiency Level               | 0             | 1  | 2  | 3   | 4  |
|---------------------------------|---------------|--|--|---|--|
| <b>Practice time</b>            | No submission | 0-60 min.  | 60-90 min.   | 90-120 min.   | 120+ min.  |
| <b>Practice Journal Entries</b> | No Submission | Few journal entries. What entries there are show little thought was given. | Many practice sessions are missing journal entries or journal entries are not thoughtful | Most practice sessions have a journal entry. Journal show thought | Every practice session has a thorough, well thought-through entry which follows the format |

### Beginner Band

| Proficiency Level               | 0             | 1  | 2  | 3   | 4  |
|---------------------------------|---------------|--|--|---|--|
| <b>Practice time</b>            | No submission | 0-45 min.  | 45-60 min.   | 60-75 min.  | 75 + min.  |
| <b>Practice Journal Entries</b> | No Submission | Few journal entries. What entries there are show little thought was given. | Many practice sessions are missing journal entries or journal entries are not thoughtful | Most practice sessions have a journal entry. Journal show thought | Every practice session has a thorough, well thought-through entry which follows the format |

For example, if a student in advance band practiced for a total of 100 minutes, they would score a 3 in the practice time category. If that same student made thoughtful journal entries for every practice session, they would receive a 4 in the Practice Journal Entries category. These two scores would average to 3.5, which would be that students overall grade for their practice journal assignment that week.