



BEST WAYS TO USE COLLABRA: TIPS FOR PARENTS & STUDENTS

REVIEW LESSON:

Review the Lesson that your teacher records for you at least once each week. Taking lessons is just like going to a class in school. After you attend the class, you have to review your notes. The recorded lesson is like the notes you would take in a class. In order to truly retain the information your instructor shares with you, you have to review by listening and / or watching the lesson back - like studying for a test. The more times you review, the more likely you are to remember and truly KNOW the information shared with you. This will allow your instructor to cover NEW material at the next lesson, as opposed to reminding you of the information already shared.

RECORD PRACTICE:

Record yourself practicing. Try not to think of the recording as a performance. Your goal is to capture your honest approach to practicing. Just hit the record button and practice the way you normally would. Record every activity related to practicing your craft. Some students do physical stretches and warm-ups before they start to sing or play their instruments. We encourage you to record that part of your practice as well!

Correct Poor Habits: If you're ever not getting the results from your practice that you think you should, the practice recordings are a great reference point. They will help your instructor identify what practice habits can be tweaked to get you further, faster.

Keep A Victory Log: Practice recordings also serve as what we like to call a "Victory Log." Performance studies show that people who track their efforts and successes (practices), consistently produce more of the same outcomes. This means the more you practice and record your progress, the faster you'll get better.

Celebrate Your Progress: Finally, sometimes it's hard to "see the forest for the trees", or see the progress you've made when you're so close to the activity. Therefore, it can be motivating to go back occasionally and listen to small sections of practices from several months ago. Comparing old practices to new ones helps you see / hear where you've improved, or possibly which tendencies need adjusting.

MAKE COMMENTS:

Make separate recordings for each activity you do and leave comments to label your activities. For instance, if you begin with a warm up, and then begin practicing 2 different pieces, make 3 separate recordings and label them in the comments section of your practice. Put as many details as you can about your practice in the comments and set specific goals for yourself. Plan to master a smaller section or exercise in a 15 minute period - as opposed to playing / singing straight through a piece multiple times. I highly recommend the book "The Talent Code" by Daniel Quinn for learning HOW to practice more efficiently. Here's an example of notes that might be placed in your practice comments:

1. Warm Up

Stretches
Scales - C, F, G
Metronome = 80 bpm

2. Debussy, Suite Bergamasque - Prelude

Measures 1-7
Metronome = 84 bpm

Challenges: I noticed my elbows and neck felt really tense. How can I release that tension and still play accurately?

Victories: Measures 3,4,5 felt easier than last week. I increased my metronome setting from 74 to 84 in the last week!

3. Gershwin, Preludes - Number 1

Measures 1-8,
Metronome = 76 bpm

Challenges: I struggled with the passage in measures 6,7,8 the most. Need help playing the sixteenth notes evenly and in time with the metronome.

Victories: I added 2 new measures and can play them at a slow tempo.