

Band & Orchestra Reflection

Fill in the amount of time spent practicing your instrument for each day. Practice as much as you need to achieve your goal and beyond. Please fill out your time for **both** weeks -

Rather than having a set time each day to practice (which isn't always reasonable), find what works for you. You have 10 days to accomplish your practice time. Spread it over the full 10 days, crunch it into one practice session (not the best), crunch and spread? Whatever works for you.

The chart below will help you to determine the grade you are earning.

Day	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Week 1								
Time								

Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week 2								
Time								

Student Self-Assessment

Choose one- you may highlight, check, circle, arrow, etc. (1 Point)

1. I worked on the goal until it was completed. I pushed myself to practice, even when I came to a difficult part. I viewed this as a challenge and an opportunity to improve my musical skills.
2. I worked on the task until it was completed. I pushed myself to complete the task even when it came to the difficult part(s).
3. I put some effort into the task, but stopped practicing when I came to the difficult parts.
4. I put very little effort into the task.

Achievement - Choose one. (1 Point)

1. I exceeded my goal.
2. I met my goal.
3. I almost achieved my goal, but fell short.
4. I did not come close to meeting my goal.

Do you need extra help with anything?