

# Getting Started...

## Working out *how* to get it all done in time

Turn to... Your Weekly Planner (page 51)

Once you know what your teacher is expecting for the week ahead, it's time to **plan** how you're going to get it done. Your Weekly Planner shows your week at a glance, and lets you create **daily practice tasks**. You then practice each day not to a time limit, but until the daily practice task has been completed.

Do this, and you'll always be ready for your next lesson.

For **more help** with this feature, turn to page 110

### Planning your practice - the week ahead

- **Divide** the work for the week among the available practice days.
- **Check** your plan to make sure it covers everything.
- **Practice** each day not to a time limit, *but until the job for the day is done*
- **Ask for help** if you don't think you can make this plan yourself.

To do **the day after** the lesson:

To do **3 days before** next lesson:

To do **2 days before** next lesson:

To do **2 days after** the lesson:

To do **the day before** next lesson:

To do **3 days after** the lesson:

To do **on the day** of next lesson:

# In depth guide: Your Weekly Planner

## How to use your Weekly Planner

Your weekly planner allows you to take a big (and sometimes frightening) job for the week, and **break it down** into **seven daily jobs**. There's no magic involved here, but it's amazing how much **less scary** the job looks when it's in seven small bits like that.

Your job each day? To **complete the daily task**. That's all. As long as you've worked out those daily tasks well in the first place, *completing the daily tasks is all you'll ever need to do to be ready for each lesson*.

## The days of your practice week...

...are not divided into Monday, Tuesday, Wednesday etc. They're described instead in terms of how far from your **last lesson**, and your **next lesson** you are.

So your first practice day you need to set a task for is "The Day After Your Lesson". You'll need to set another for "Two Days After Your Lesson", and so on.

But once you get half way through the week, **something interesting happens**. Instead of the days being described in terms of how far from your *last* lesson they are, your Weekly Planner instead talks about how many days there are to go until your *next* lesson.

So it's not just a weekly calendar. It's a clock that is designed to **tick more loudly** as your lesson draws closer.

## The checkbox...

Tick it. Once you've completed the job for the day, that is. The checkbox exists to answer a very important question:

*When can I stop practicing?* The answer's simple. You can stop as soon as the job for the day is done, but you can't until it is - so if you work smart, you can finish sooner.

# In depth guide: Your Weekly Planner

## An example:

Let's imagine your teacher has given you **two things** to do by next lesson.

- 1) Prepare for a **scales test** next lesson on C,G,D and A Major scales.
- 2) Be able to play your new etude **from memory**.

Instead of trying to tackle all of this at once, you can take advantage of the fact that you've got **seven days** to play with. Divide the job into seven small tasks, and allocate a different task to each day. So on your first day, your job might look like this:

<p><b>To do the day after the lesson:</b></p> <p>Be able to play C and G Major five times <u>in a row</u> with no errors. <input type="checkbox"/></p> <p>Be able to play bars 17-32 of the etude from memory</p>
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Not a bad day's work, two scales out of the way, and a **smart start** from you. The "Five in a row" requirement means that it won't be enough just to fluke the scales once - you're really going to have to know them to be able to sign off on the task.

And since measures 17-32 are actually among the hardest in the 72 measure piece, you've got rid of one of the toughest jobs early in the week.

As soon as you've completed both those two tasks, put a **tick in the box**, and put your feet up. You're on track to be ready for your next lesson.

On the next day, lather, rinse and repeat for the new tasks you've listed for "Two days after the lesson", and so on. If you just take care of the tasks for **each day**, the week will take care of itself, and you can really **look forward** to your lesson.