**Scales & arpeggios (~ 5 minutes)**

Vary tonal center and tonality (or quality?) – major vs minor finger patterns -

Vary rhythms

Vary bowings (slurs and other articulations)

Incorporate vibrato

Use a metronome

Explore different octaves

**Technique (~ 5 minutes)**

Right Hand, including but not limited to:

spiccato

Controlling Variables – weight, angle, speed, placement

Left Hand, including but not limited to:

Shifting

Finger patterns

**Sight reading (~ 18 minutes)**

*Be mindful of: key and time signature, tempo, new notes, articulations, shifting, dynamics*

Out of method book

Pull music off the shelf (gather music from your class and elsewhere)

Search songs in Google Images and sight read off sample pages

Use sight reading website

Use a dictionary to look up foreign terms

Set a goal for the next session (~2 minutes)

**Reflect on practice session and set a goal for the next session (~2 minutes)**

Fill out practice reflection

**The Sight-reader**

30-minute   
practice session

\*\*You can change these as needed to fit your goals and length of time.\*\*

