**Scales/arpeggios (~4 minutes)**

 Choose one key to work in (i.e. G Major) Habits Book has multiple keys in the “Scales” section

 Vary rhythms

 Vary bowings (slurs and other articulations)

 Incorporate vibrato

 Use a metronome

 Explore different octaves

**Relevant technique (~10 minutes)**

 Examples:

Spiccato bowing

 Shifting

**Orchestra/solo/etudes music (~10 minutes)**

 Pinpoint a section or sections to work on and ask yourself:

 What are the challenges of this section(s)?

 What strategies learned during technique practice that I can use to
 address these challenges?

 Review notes and elements from class/rehearsal to improve your part

*\*\*Optional technique and creative expansion:
Find a section of your music to play with a new technique.
Perhaps you try a section in a new position on your instrument, with a new bow stroke, dynamic, etc.*

**Review/perform your practice material or other pieces (~4 minutes)**

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

 Fill out practice reflection

**The Technician**

30-minute
practice session

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

