

AGREEMENT to Practice



Name of Student

and

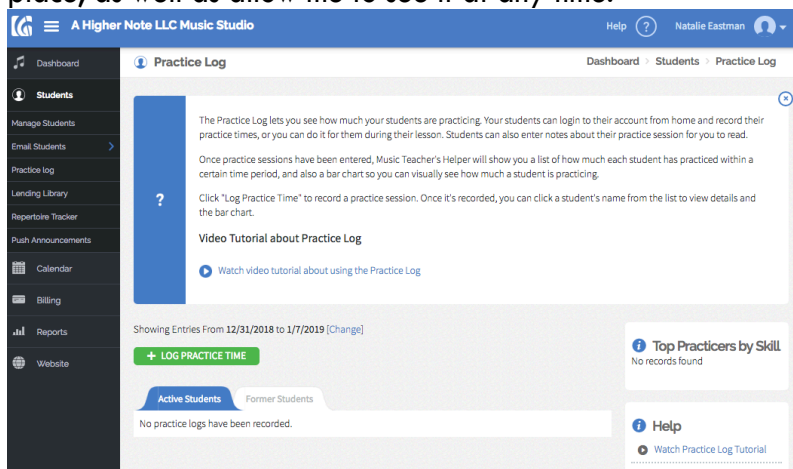
Name of Parent/Guardian, where applicable

Dear A Higher Note LLC Students and Parents/Guardians,

It's a pleasure and an honor to have you as a music student through A Higher Note LLC studio of music! The intention of this "agreement" – going through the act of discussing its principles together and signing it – is not to provoke anxiety, but to encourage development through consistent home practice. I want you to progress, and so do you. Whether you are learning your instrument as a hobby or because you have an inner drive and intention to go for a career with it, practice is essential. Period. This document is to lay out what that means and define our expectations, so we can all move forward together systematically and enjoyably.

Key Points:

1. **Lesson Notebook/Log.** Please provide and bring – every week – a spiral or binder notebook of any size. A 6"x9" notebook does well, b/c it's large enough to write in comfortably and small enough to tote around, but standard school-notebook-size works great, too. During our lessons, I will write notes, assignments, and home-practice goals in there. During your home practice, use your Music Teachers Helper account (Practice Log) to keep a log of what pieces, exercises, and/or techniques you practiced. You can also note in your notebook what days you practiced; but using your MTH account will keep everything in one place, as well as allow me to see it at any time.



If you keep your Lesson notebook with your method book in a carrying bag you designate as your music bag, you and/or your child, as applies, can keep organized with the physical materials.

2. **Weekly Practice.** All students must practice weekly, several times per week. Practice session length is age- and goal-related. Your practice should be: _____ minutes, _____ times/week, going over all current pieces (up to and including the last 5 pages in your method book; using the video recording for voice students; or special pieces as assigned). Those pieces and assignments are your practice goals

for that week, along with any technique instruction that was discussed in the lesson. These will be in your lesson notebook (see #1, above).

3. **Scheduling Home Practice.** Students age 10 and over can learn to set and follow a simple schedule (ex.: “lesson is Monday; practice times are 15 minutes each Wednesday after school, each Friday after dinner, and on Sunday afternoon.” That’s just an example.) Some students under ten can do similarly, but most will need parents to set the times and help them keep to those days/times and will need to prompt the practice.
4. **Parent/Guardian Involvement.** Parents/Guardians, where applicable, need to be involved. Here’s how: help your child develop a workable practice schedule; provide gentle reminders to practice on the particular days; be available to your child to assist with understanding the material; encourage progress. For younger children, parents probably need to sit/stand with, guide, and participate with their child through the entire home-practice session. Parents/guardians may even need to limit or help focus a child who is young or who struggles with focus. For example, during one practice session, you guide them to only practice one piece, or even one section of a piece that you noticed they struggled with. You may find it helpful to establish your own home-practice reward system, in addition to mine (see #5, below). I may or may not have established a system in my own home that essentially bribed, yes with quarters, one of my particularly-reluctant children to practice violin. Don’t judge me and I won’t judge you. ☺ We do what it takes.
5. **Home-Practice Incentives.** I’ve established a home-practice incentive system for your student, which lives on one of the shelves in the room where we have our lessons. For each day the student accomplishes a home practice during the week, s/he will receive a sticker on that page in their home-practice notebook. Once they have twenty stickers for twenty different practice days, they can draw one item from my Practice Rewards bag, which is full of small, fun things and food rewards ranging from semi-healthy to not-healthy-at-all.

Regular practice, as we all realize eventually in life, provides benefits of self-discipline that are much broader than the practice of music. I hope this document, with its descriptions and the intentional signing, help you and, where applicable, your student-musician, move forward pleasurably in confidence, organized, and with intention.

Your teacher and encourager,
Natalie Eastman

SIGNATURES:

Student

Parent/Guardian

Date

Eastman/Other Instructor

Date

Please read, discuss, and sign.
Bring the completed form with you to your next lesson.