**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.\*\*

