

White Station High School Honors Orchestras

A Personal Practice Plan of Goals, Practice, Feedback, Growth, Guidance, and Reflection

Name: _____

Period: _____ Grade: _____

Begin Date: _____ End Date: _____

Score: _____ / 100

S. State your **S**pecific Goal for the Practice Period

P. Record your **P**eriods of Focused Practice.

I. What **I**mmEDIATE feedback did you receive?

C. How did you **C**ycle between comfort and discomfort?

E. How did you receive **E**xpert guidance?

R. Determine your **R**esults

1. Area of Focus _____

S _____

P _____

I _____

C _____

E _____

R _____

2. Area of Focus _____

S _____

P _____

I _____

C _____

E _____

R _____

3. Area of Focus _____

S _____

P _____

I _____

C _____

E _____

R _____