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

Choose one key to work in (i.e. G Major)

Vary rhythms

Vary bowings (slurs and other articulations)

Incorporate vibrato

Use a metronome

Explore different octaves

**Perform & review (~18 minutes)**

Rewind in time (a month, 6 months, a year, etc.):

Find orchestra music, solo music, and etudes you were working on at the time and play through it.

What were your strengths and weaknesses at the time?

In what ways have you improved since this time?

How do you think differently about music since this time?

Can you apply any new techniques to this literature? How does that change the way you play or the way the piece sounds?

**Orchestra/solo/etudes music (~5 minutes)**

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

What are the challenges of this section(s)?

What strategies can I use to address these challenges?

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

Fill out practice reflection

**The**

**Time Traveler**

30-minute   
practice session

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

