

Band Weekly Practice Journal

Student Name: [REDACTED]

Instrument: French Horn

Class Period: [REDACTED] Teacher: Nichols

Directions: Students should complete this journal EACH WEEK. Be honest and specific in your responses. **Vague responses will not be accepted. You must fill in every box to receive full credit.** Be sure to indicate the week number at the top of the journal.

Week: 16

What did you work on this week? (Scales, music, technique, etc.)	Softer articulation, Mars measures 32-34 and 44-58, and breathing
How many total minutes did you practice this week?	30
How did you practice? (Slow tempo, repetition, section work, etc.)	Repetition to memorize how a certain part is played
What improved this week?	Phrasing
Director Comments	Do not tongue so hard, play out, and listen for people who have the same parts
What still needs work?	Articulating and dynamics
What questions do you have about what you practiced?	Under measures 58,77, and 92 what does "sub", "rit" and "molto rit" mean to do?
Date	4/10

Weekly Practice Journal Rubric

Requirements	Exemplary	Proficient	Emerging	Feedback
Completion	All 8 sections of the reflection journal are completed	5-8 sections of the reflection journal are completed	Student did not submit a journal or submitted a journal with less than 4 sections completed	Good work!
Specificity	All responses are honest and specific, incorporating vocabulary from class rehearsals	Some responses are honest and specific, incorporating some vocabulary from class rehearsals	Few responses are honest and specific, does not incorporate vocabulary from class rehearsals	Thank you for being specific about working on articulation and breathing!
Reflection	All responses are thorough and represent deep reflection	Some responses are thorough and represent some level of reflection	Few responses represent deep reflection	I encourage you to go deeper with reflection. For example, what made your phrasing improve?

Band Weekly Practice Journal

Student Name: ██████████

Instrument: _Clarinet_____

Class Period: █_____ Teacher: __Mr. Nichols_____

Directions: Students should complete this journal EACH WEEK. Be honest and specific in your responses. **Vague responses will not be accepted. You must fill in every box to receive full credit.** Be sure to indicate the week number at the top of the journal.

Week: 16

What did you work on this week? (Scales, music, technique, etc.)	Mars: 65-77
How many total minutes did you practice this week?	30 mins working on Mars, slowly section by section
How did you practice? (Slow tempo, repetition, section work, etc.)	Repetition on Mars
What improved this week?	Phrasing
Director Comments	"Breathe after dotted quarter notes"
What still needs work?	19-33 on Mars
What questions do you have about what you practiced?	what other dynamic do I need on Mars? (Like crescendos, decrescendos)
Date	4/12/26

Weekly Practice Journal Rubric

Requirements	Exemplary	Proficient	Emerging	Feedback
Completion	All 8 sections of the reflection journal are completed	5-8 sections of the reflection journal are completed	Student did not submit a journal or submitted a journal with less than 4 sections completed	Thank you!
Specificity	All responses are honest and specific, incorporating vocabulary from class rehearsals	Some responses are honest and specific, incorporating some vocabulary from class rehearsals	Few responses are honest and specific, does not incorporate vocabulary from class rehearsals	Be more specific with the things you worked on—scales, techniques—instead of just the section of the piece.
Reflection	All responses are thorough and represent deep reflection	Some responses are thorough and represent some level of reflection	Few responses represent deep reflection	I encourage you to go deeper with reflection. For example, what made your phrasing improve? What about your phrasing improved?

Band Weekly Practice Journal

Student Name: ██████████

Instrument: _Flute_____

Class Period: █ _____ Teacher: _Nichols_____

Directions: Students should complete this journal EACH WEEK. Be honest and specific in your responses. **Vague responses will not be accepted. You must fill in every box to receive full credit.** Be sure to indicate the week number at the top of the journal.

Week: 16

What did you work on this week? (Scales, music, technique, etc.)	Mars measure 65-77 and beginning to 77
How many total minutes did you practice this week?	20 mins on Mars
How did you practice? (Slow tempo, repetition, section work, etc.)	section by section on a slow tempo then building it to the original tempo
What improved this week?	Good articulation and staying on tempo
Director Comments	None for me personally
What still needs work?	still need a perfect 65-77 not all the way there
What questions do you have about what you practiced?	How does my part from 76 going into 77 sound because I always play it wrong and it looks different from how everyone else is playing it
Date	4/10/26

Weekly Practice Journal Rubric

Requirements	Exemplary	Proficient	Emerging	Feedback
Completion	All 8 sections of the reflection journal are completed	5-8 sections of the reflection journal are completed	Student did not submit a journal or submitted a journal with less than 4 sections completed	Good work!
Specificity	All responses are honest and specific, incorporating vocabulary from class rehearsals	Some responses are honest and specific, incorporating some vocabulary from class rehearsals	Few responses are honest and specific, does not incorporate vocabulary from class rehearsals	Be more specific with the things you worked on—scales, techniques—instead of just the section of the piece. Also, I know I gave you some comments this week regarding your posture and intonation!
Reflection	All responses are thorough and represent deep reflection	Some responses are thorough and represent some level of reflection	Few responses represent deep reflection	I encourage you to go deeper with reflection. For example, what made your articulation improve? How did you make tempo improvements?