Time practice worksheets for first grade

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Now that you've established your desire to learn how to play a musical instrument, the next step is to fully commit to it. Any successful musician will tell you that in order to excel in your instrument you should continually practice. Here are some tips to keep in mind before, during and after every practice session. Even the best musicians strive to practice their instrument daily. Make practice a part of your daily routine. Determine when is the best time for you to practice. If you like practicing in the morning, get up at least an hour early so that you won't be late for work. If you're an evening person, do your practice before going to bed or before you become sleepy. If you skip a practice day, don't worry, but do try to make up for the missed practice session by extending your practice time for at least 5 minutes for your next session. David Hartwell/Getty Images Finger exercises and other form of warm-ups are crucial if you want to be a good player. Not only will it make your hands and fingers more flexible, it will also reduce the danger of injuries. Every instrument player must do warm-ups first before playing or performing. You won't run a marathon without stretching first, right? The same principle applies to playing an instrument. Why 20 minutes? I find that this is a manageable time for beginners, it's not too short that you get nothing done and not too long that you end up feeling bored. When I say 20 minutes it refers to the lesson proper itself. Devote 5 minutes for warm-ups and 5 minutes for cool downs, just like a regular exercise. That means you must set aside at least 30 minutes a day for practice sessions. That's not too long, right? You can spend longer than that falling in line at a check-out counter. As your interest grows you'll find that your daily practice time will also extend. Girl being assessed for ear problems. Sometimes musicians forget the importance of being fit not only in mind but also in body. If you're straining to read the music sheet in front of you, do have your eyes checked. If you're having trouble deciphering tones coming from your instrument, consider having an ear exam. If your back hurts every time you sit down to practice, determine if this has something to do with posture. Listen to your body; if it feels something is not quite right, schedule a check-up as soon as possible. Is your seat comfortable? Is the room well ventilated? Is there proper lighting? Make sure that your practice area is comfortable and free from distractions so you can concentrate. Also, consider adjusting your practice schedule depending on the time of year. For example, during summer when the temperature is hotter, you can schedule your practice in the mornings when it's cooler. During winter and if possible, set your practice time in the afternoons when it's warmer. Keep in mind that each person learns at varying speeds, some are quick learners while others take time to progress. Don't be ashamed if you feel you're progressing slower than your classmates. Remember the story of the tortoise and the hare? Keep that in mind when you're having self-doubts. The best musicians reached their level of success through determination and patience. It is not about how quickly you learned to play a music piece; it is about playing from your heart. If you're taking individual or group lessons make sure that you communicate with your teacher. Consult your teacher if there's an area you're struggling with or if there's something you don't fully comprehend. Your teacher is your ally, she is there to help you. Be open and don't feel embarrassed to approach your music teacher if you're having difficulty about a certain lesson or music piece. Jacques LOIC/Getty Images Your musical instrument will serve as your friend and partner as you continue your studies. It isn't enough that you're a good player, you must also have an instrument that is of good quality and in top condition. Take care of your instrument; if you feel it's starting to have problems, don't wait and have it checked immediately. Hanging with friends at the coffee shop. Luis Alvarez/Getty Images If you've just learned a piece you've previously had trouble with, by all means, reward yourself. You don't have to splurge, just doing something you particularly enjoy is a reward in itself. Grab a latte at your favorite coffee place, rent a movie, get a pedicure, etc. Rewarding yourself will give you a moral boost and further inspire you to learn. Morsa Images/Getty Images We all want to be good at something but for me loving what you do is more important. Never forget that despite all the hardwork you will and are facing, playing a musical instrument is enjoyable. As you improve, your love and enjoyment of music will also grow. You are embarking on a wondrous journey, have fun! Before each practice session, make sure all the materials you will need are prepared and within easy reach. Aside from your musical instrument of course, here are other things you can use during your practice sessions metronometunermethod books/sheet musicmusic standinstrument standCD player to play along with Being in college means you've already aced your SATs, taken all the college prep classes and filled out myriad applications to secure your place. Armed with all that experience, you can help current high school students achieve their college dreams.It was just after graduating from Mas-sachusetts Institute of Technology with a bachelor's degree that Christine Ortiz, now 25, moved back home and started tutoring high school students in her neighborhood. After starting a graduate program at the University of Central Florida, where she is earning a master's in education, she envisioned a whole space devoted to learning. In fall 2007, she started The Knowledge Lab, a tutoring center in Longwood, Florida. Ortiz created a space with comfortable couches, custom murals and a refrigerator full of snacks to welcome students who come to her after-school SAT prep classes and help sessions on subjects like calculus and chemistry. Set to graduate herself next month, Ortiz knows how to navigate the college prep and application process--and shares with students what she wishes someone had shared with her. Positive testimonials from happy students and parents are now one of Ortiz's best marketing tools. She created a street team to talk up her business to high school kids at sporting events and the like. She also markets her business to guidance counselors as a way to get referrals. The K-Lab projects revenue of about $75,000 for its first full year in business. "I'm trying to create the kind of environment where kids want to come, they love the people who work there and they get along with the other kids," she says. "It feels like they're just hanging out and they happen to get their work done while they're [here]." Word-of-mouth marketing and networking within your community is key to getting student clients for your college prep and tutoring business, says William H. Crookston, professor of entrepreneurship at the University of Southern California's Lloyd Greif Center for Entrepreneurial Studies. Go to PTA events or counselor events to get your business's name out there. And know what your services are worth. "Write a price list schedule," says Crookston. "And ask for [payment] before you perform the services." If you plan to grow your college prep and tutoring business, you'll want to hire a fleet of tutors. Depending on your needs, you may want to search for employees or independent contractors--but make sure you get a federal tax ID number so you can send out official 1099 or W-9 forms come tax time.Building out a huge network of tutors--more than 700--has helped Greg Zumas, 31, and Richard Enos, 32, grow their tutoring service, StudyPoint Inc., to 10 cities. Starting in Boston in 1999, Zumas, then a Cornell University student, and Enos, a Cornell graduate, quickly brought in nearly 20 tutors their first fall season. "Ninety-nine percent [of our success] is based on who's going out and working with the kids. We still spend a lot of time and money [on recruiting and training] and are very selective on instructors," says Zumas, who projects company sales to hit more than $6 million this year. Meet the Dermatologist Who Wants to Save You Money — and Just Hit a $200 Million Milestone for Patients Your Employees Want This Perk, and Giving It to Them Can Improve Your Bottom Line The Hidden Dangers of Not Taking Your Vacation Days This Family-Owned Manhattan Jewelry Shop Struggled to Rebuild After 9/11. Today, 2 Sisters Who Run the 46-Year-Old Business Reveal What It Takes to Persevere. Businesses Need More Women Investors. Here's How That Can Happen. Franchising Isn't for Entrepreneurs, It's for Systempreneurs This Former Disney Exec Shares Her 5 Most Valuable Takeaways on Leadership Following Viral LinkedIn Post

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