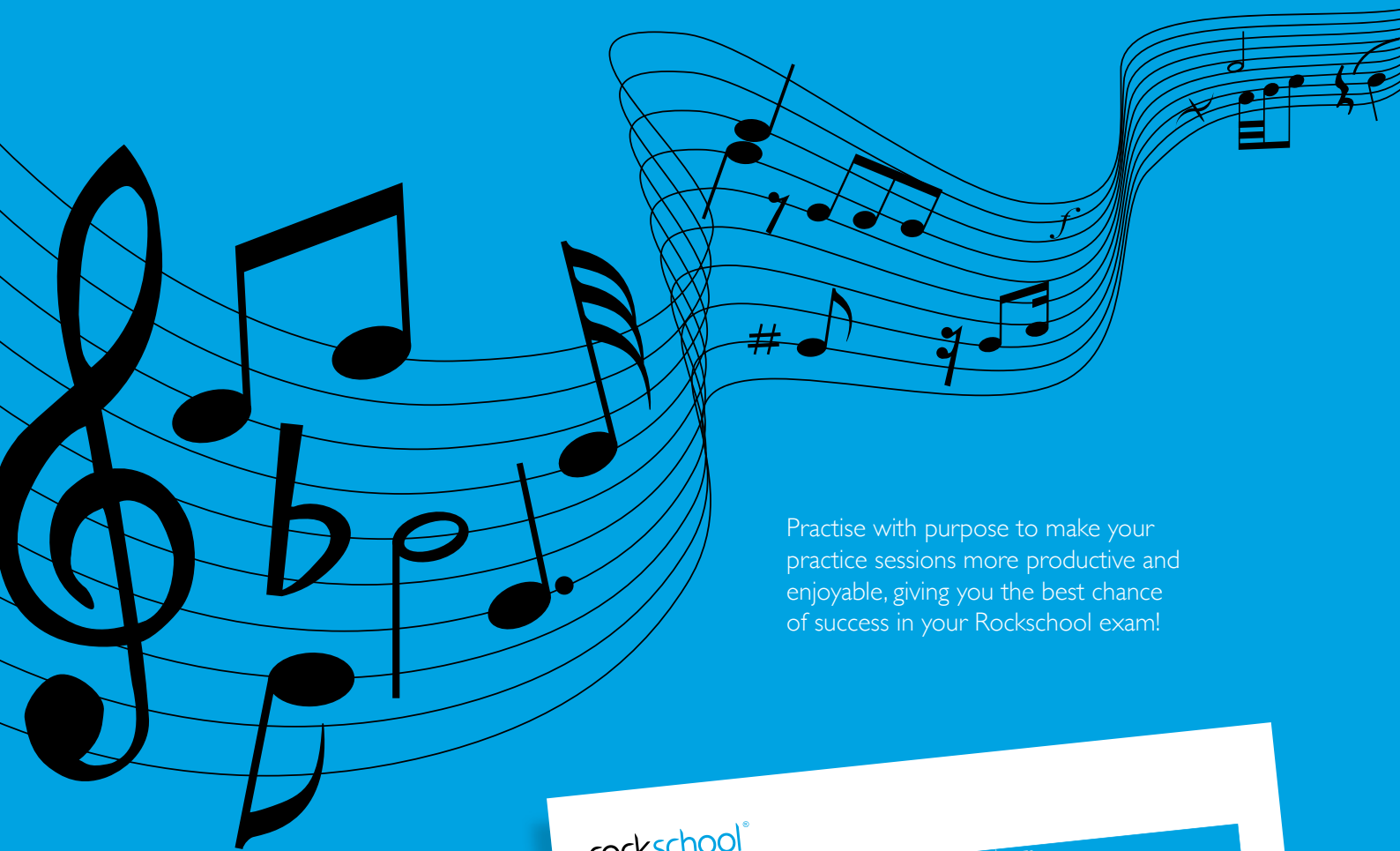


rockschool®

PRACTISE WITH PURPOSE DIARY



Practise with purpose to make your practice sessions more productive and enjoyable, giving you the best chance of success in your Rockscool exam!

 **RS EVENT CENTER**
www.rs-event.sg

RSL CLASSICAL

RSL LEARN MORE
www.rslawards.com

rockschool®

WEEK 1	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 2 ND MARCH	✓	<ul style="list-style-type: none"> Worked on A♭ major, E major Went through dominant 9th chords 	<ul style="list-style-type: none"> Went over section B of All of Me Tried opening section of Ghost Train with rotor on
TUESDAY 3 RD MARCH	✓	<ul style="list-style-type: none"> Practised Technical Study Worked on minor 9th chords 	<ul style="list-style-type: none"> Used Replay to get section C sounding clean Played All of Me all the way through rotor on
WEDNESDAY 4 TH MARCH	✓	<ul style="list-style-type: none"> Tried sight reading some new pieces Transcribed a solo for improv 	<ul style="list-style-type: none"> Looked at dynamics and tried to create more variation Worked on getting opening of Shet up f Dance slick
THURSDAY 5 TH MARCH	✓	<ul style="list-style-type: none"> Practised all my pentatonics Worked on C dorian + C mixolydian 	<ul style="list-style-type: none"> Improved comping in Ghost Train Practised swing feel in Goodbye Yellow Brick Road
FRIDAY 6 TH MARCH	4 WEEKS TO GO BEFORE ENTRY DEADLINE!		
SATURDAY 7 TH MARCH			

ROCKSCHOOL'S PRACTICE DIARY: PRACTISE WITH PURPOSE

Keep us posted on how your exam preparation is going by tagging us on Facebook or Instagram [@ROCKSCHOOLSINGAPORE](#)

WHY DO WE PRACTISE?

Practising regularly is absolutely key to any musician's development, regardless of where they are on their musical journey. An absolute beginner and an experienced professional will practise in very different ways, but both will need a routine that helps them to maximise their potential by attaining new skills, and then maintaining and building on them.

Practice can often be seen as a chore, especially when the deadline for a concert or exam is looming, therefore it is important to make your practice routines efficient and varied to stay positive and motivated. Give yourself regular goals, and suddenly it's not that boring after all!

If this is something you think your practice sessions could profit from, try out RSL's practice diary to help you practise with purpose, set realistic and achievable goals, and stay motivated. Practice is not about reaching perfection – it is about being better than you were yesterday.

HOW CAN ROCKSCHOOL'S PRACTICE DIARY HELP YOU PRACTISE WITH PURPOSE?

This practice diary helps you keep track of your daily practice and monitor your own progress as you master a technique, nail a performance piece, and prepare for your next Rockscool exam.

On each page you'll find space to make notes on your weekly practice routine to ensure that your sessions are as productive as possible, and that you are well prepared for the different sections of the Rockscool exams. Throughout the diary there are tips from some of the teachers on our RSL Teacher Registry – use these to inspire and motivate you along the way.

We have included some blank sheet music as well as individual boxes for warm ups, supporting tests, and performance pieces that will allow you to identify your strengths and weaknesses, ultimately leading to more efficient and rewarding practice.

There is also space for teachers' comments, so that they can review your progress and offer guidance on how to improve. Sometimes it can be hard to target areas of improvement on your own before a lesson, so it is always helpful to get some direction from your teacher to guide your practice.

HAPPY PRACTISING!

Tim Bennett-Hart
Director of Academic at RSL Awards



WEEK 1	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY 2 ND MARCH	✓	<ul style="list-style-type: none"> Worked on Ab major, E major Went through dominant 9th chords 	<ul style="list-style-type: none"> Went over section B of All Of Me Tried opening section of Ghost Town with rotor on
TUESDAY 3 RD MARCH	✓	<ul style="list-style-type: none"> Practised Technical Study Worked on minor 9th chords 	<ul style="list-style-type: none"> used Replay to get section C sounding clean Played All Of Me all the way through rotor on
WEDNESDAY 4 TH MARCH	✓	<ul style="list-style-type: none"> Tried sight reading some new pieces Transcribed a solo for improv 	<ul style="list-style-type: none"> Looked at dynamics and tried to create more variation Worked on getting opening of Shut up ; Dance stick
THURSDAY 5 TH MARCH	✓	<ul style="list-style-type: none"> Practised all my pentatonics Worked on C dorian + C mixolydian 	<ul style="list-style-type: none"> Improved comping in Ghost Town Practised swing feel in Goodbye Yellow Brick Road
FRIDAY 6 TH MARCH			
SATURDAY 7 TH MARCH			
SUNDAY 8 TH MARCH			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL: **MY TARGETS FOR NEXT WEEK:**

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:



WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL: **MY TARGETS FOR NEXT WEEK:**

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:



WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL: **MY TARGETS FOR NEXT WEEK:**

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL: **MY TARGETS FOR NEXT WEEK:**

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL: **MY TARGETS FOR NEXT WEEK:**

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL: **MY TARGETS FOR NEXT WEEK:**

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER’S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL: **MY TARGETS FOR NEXT WEEK:**

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL: **MY TARGETS FOR NEXT WEEK:**

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL: **MY TARGETS FOR NEXT WEEK:**

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:



WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL: **MY TARGETS FOR NEXT WEEK:**

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL:

MY TARGETS FOR NEXT WEEK:

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			
SATURDAY DATE:			
SUNDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL: **MY TARGETS FOR NEXT WEEK:**

WEEK	WARM UP	TECHNICAL EXERCISES / SUPPORTING TESTS	PIECES
MONDAY DATE:			
TUESDAY DATE:			
WEDNESDAY DATE:			
THURSDAY DATE:			
FRIDAY DATE:			

TEACHER'S COMMENTS:

SELF-ASSESSMENT:

WHAT I DID WELL: **MY TARGETS FOR NEXT WEEK:**

Handwriting practice lines consisting of multiple sets of horizontal lines for text entry.

Handwriting practice area consisting of ten sets of horizontal lines. Each set includes a solid top line, a dashed midline, and a solid bottom line, providing a guide for letter height and placement.

Handwriting practice area consisting of ten sets of horizontal lines. Each set includes a solid top line, a dashed midline, and a solid bottom line, providing a guide for letter height and placement.

Handwriting practice lines consisting of multiple sets of horizontal lines for text entry.