

Practical Tips

1. Form learning groups. Sharing ideas gives better tools for improving practice methods and helps to keep difficulties in perspective.
2. Become conscious about long-term and short-term goals.
3. Write periodically practice journals, either on paper or online.
4. Reflect both the quality and the quantity of practice.
5. Study proper mental rehearsal techniques.
6. Vary methods of learning in order to give new stimuli for the brain and the muscles.
7. Be aware of trying to increase the knowledge and awareness of practice techniques.

