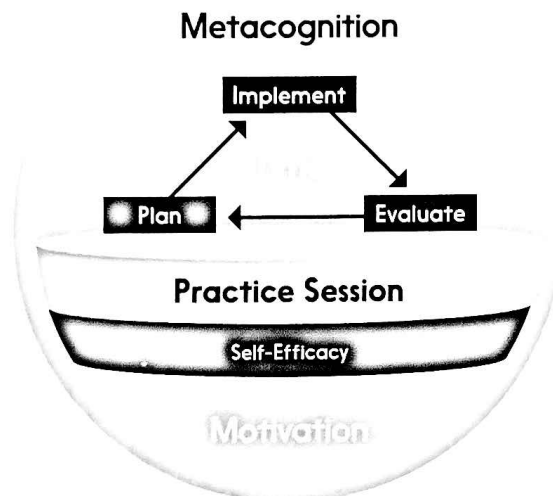


The Complete Practice Model

At the core of the **Complete Practice Model** are **Motivation** and **Self-Efficacy**, the inspirational driving forces that influence how people feel, think, and behave. **Metacognition** is the higher-order thinking skill behind all aspects of practicing and includes planning, organizing, implementing, and evaluating everything from the smallest details to large practice goals. **The Practice Session**

is the active core of the model where most growth and learning takes place by utilizing effective practice tools and strategies. The amount of practice **Time** that is used is a crucial element that is determined by individual goals and aspirations. Self-Efficacy interacts dynamically with Motivation, and together, these important traits support the ultimate effectiveness of the practice session.

Fig 1.1 The Complete Practice Model



How This Book Is Structured

As you work your way through the book, often return to this spherical model to remind yourself of the interconnectedness of each element within the sphere. The gradient at the bottom of the circle begins at Motivation with a dark blue and lightens to blend with the page at the top toward Metacognition, showing that practicing connects to and is influenced by the world beyond the practice room. Life is full of moments, relationships, and experiences to draw upon for inspiration and motivation. The Complete Practice Model is intimately connected to the world outside of music, and it expands with the lived experience and imagination that you bring to the pursuit of your goals and dreams.

Part 1: The Practice Mind

The first section of the book delves into topics related to the mental, motivational, and psychological aspects of learning. The ideas presented in these chapters are all connected to each other and together support a healthy and productive learning process. The later sections of *PracticeMind* are built upon the foundation of knowledge established in this first part of the book.