



## Weekly Practice Inventory – DiBa Voice Studio

OK, let's talk about practicing. How do you practice when you don't have a performance coming up right away? How do you practice when you *do* have a performance coming up right away? Good question, right? Sometimes it's hard to practice at all without the pressure of an upcoming engagement. Every other task seems to take precedence over practice, whether cleaning up your office/room, texting, playing video games or answering an e-mail that doesn't necessarily require a response. Some things in life, however, always need attention. We all have our daily chores, and practice is one of them. In order to practice effectively, you must practice a minimum of a half hour, four times per week. Please understand that this is the absolute bare minimum time required to attain at least a basic consistency with regards to new technique. These four sessions are geared towards those students who study voice as a part-time hobby. More serious students should ideally practice at least an hour, five times per week. In an attempt to aid you in reaching your goal, I offer this simple template which will help you break down each practice session into manageable segments and track your weekly progress.

I am requesting that each student notate their practice sessions between lessons. This is an opportunity for you to take responsibility for your OWN vocal growth and artistic progress! I guarantee that if you maintain a consistent, HIGH QUALITY practice regimen, you will experience tremendous development in much less time than if you avoid or cram your practice time. Please note that it is not just the amount of time but the quality of practice you do that matters. Going through the motions is better than nothing but will not yield the optimal results. Please believe me when I tell you that if you work hard now, practicing will become more and more fun as singing higher, lower, and everything in between becomes easier and more reliable. I speak from experience...you won't believe your ears!

Helpful Hints for effective practicing:

1. Take care of your body and voice when you are not singing. A healthy diet, exercise, and plenty of water will keep you feeling alert and ready to sing whenever you want.
2. Set aside several consistent times each week for practice. Find a quiet room with a keyboard and no distractions.
3. Don't try to cram! It's like trying to run a marathon without training for it.
4. Break up your practice sessions into 3 parts: Warm-ups, exercises, and repertoire.
5. Warm-up your body and voice well before attending to your exercises and repertoire. Warm-ups can include anything that wakes-up your body, releases tension, engages your breath and aligns your voice with your vowels and breath.
6. Exercises are exactly what they sound like...exercises! They exist to develop good technique, not to torture you.
7. DO THE EXERCISES I TEACH YOU IN LESSONS. Believe me. The ones you do in your school or local chorus are not intended to address *your* specific issues.
8. LEARN YOUR MUSIC! If you don't know your notes, language, or which beat to come in on, you will never teach your body how to prepare and support your voice.
9. Understand the terms that we discuss in lessons. The more you understand about the parts of the body, voice, and music, the less of a mystery singing will be for you.
10. Don't keep making the same mistakes over and over. Fix a mistake immediately and you'll never make it again. Make the same mistake three times in a row and you'll make it forever.

