

How do I get the most out of my practice time?

Written by Mike Dean

Friday, 16 April 2010 00:02 - Last revised Saturday, 17 April 2010

It is important to structure the time you spend practicing so that you can devote time to each new thing you are learning (it's always helpful to have a teacher with structured lessons). For example, in your lessons (whether with a teacher or a book) you may be learning:

1. some good warmup exercises,
2. the basic Cmajor scale on the first 3 frets
3. and a couple of major chords along with a simple strumming pattern to practice changing between chords.

In this case I would probably dedicate 10-20% of your practice time to your warmups. Then I would separate the remaining time in two equal parts to practice the Cmajor scale and the major chords you are learning. So, if I practiced for 30 minutes I would spend about 5 minutes on warmups and about 12 minutes on scales and 12 minutes on chords and strumming.

The worst thing you can do is not practice at all. The next worse thing to do is to neglect something you should have spent more time on during your practicing.

I usually like to begin and end my practicing with playing one of my favorite songs. This helps me to stretch out and stay motivated through my practice session and end on a good note!