Tutoring Toolbox

- Intention
  - Own activity
  - Self-assessment
    - Present level assessment
    - Strengths, weaknesses, qualities, habits
  - Goals
    - Starting point main subject
    - Long, medium, short term & SMART goals
    - Semester overview
  - Organisation
    - Short Term plan
    - 5 week schedule in 3 steps
  - Strategies
- Foundations
  - Own activity
  - Motivation
    - Noticing & collecting motivation
    - Motivation habits and activities
    - Connectedness
  - Self-beliefs
    - Mindset
    - Personal vision
    - Confidence
    - Your belief system
  - Balance
  - Health and wellbeing
- Attention
  - Own activity
  - Focus
    - Task focus, work with a focus
    - Practicing in flow
    - Musical imagery
  - Practice log
  - Explorative practice methods
  - Performance preparation
    - Mental training
    - Performance log
- Reflection
  - Own activity
  - Collect feedback
    - Internal feedback
    - External feedback
    - Critical response process
  - Evaluate process
    - Semester evaluation
    - Reflective report
  - Evaluate performance
    - Performance log
    - Performer's loop
  - Self-assessment
    - Intention