

Results Questionnaires LearningLAB participants

Number of students 12

1 class 4

5 class 3

6 class 1

1 Do you attend LearningLAB group sessions on Tuesday morning?

Yes	No
12	0

Reasons:

Learning about practicing	Learning about organizing	Learning about concert preparation	I don't want to get a skip school note	It helps	I always try to come as because I like it	Its obligatory and I learn a lot
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I like to have a structured moment for things like LearningLAB	I am here to learn and I get great tips from other musicians	I like talking about how to study
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2 Do you create appointments with a coach in morning practice hours?

Yes	No
4	8

I like to receive help in between lessons	When I prepare for a lunchconcert	They sometime s pop in	When I need help, because I don't understand something	I receive instrumental help	I don't have classes in the morning so I don't attend the first practice hour	I like to stay in my own concentration
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I need help sometimes and I appreciate it	I like to practice on my own, I know what is expected and I know how to get there	They sometimes pop in and I like that, sometimes I like to practice on my own	There is no reason as they pop in	I like to practice on my own or with peers
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3 Which parts of the learningLAB folder do you use?

Overview	Goals	Planning calendar	Lesson notes	Strategies	Reflection	Practice notes	Repertoire	Concert checklist
1	2	1	9	2		7	2	1

Using lesson and practice notes helps me in my focus when I practice	2 x My teacher uses lesson notes. The notes remind me of what was taught in the lesson.	Strategies and cards help me deciding what to do and how	The only thing I don't use is reflections	Lesson and practice notes, they make my sessions structured and less chaotic	It helps working on my practice goals
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I can put my sheet music in the folder	My teachers helps me and that works well	I like having all my music in one folder
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4 In comparison to pre-LearningLAB study routine, do you study more/ less/ an even amount of hours?

More	Less	Even
5		7

My teacher helps me with planning	I use all information but the amount of practice hours is the same	I didn't use to practice a lot, now it is a routine	I use the 1 st hour much more and also the MUST hours	Even but my days are much better structured
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Even but with more structure	I know how to study better and how to stay in focus, I also learned to take breaks	I also practice more at home, I enjoy it	I like practice in the morning more so I can study for school in the evening
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5 In comparison to pre-LearningLAB study routine, do you practice more/less/an even amount of hours in school?

More	Less	Even
6		7

I came into the school when learningLAB started	I only study at home in the weekend now	I use the spaces at school more often because they are pre-booked	I like to study at school better	I always study at school, I can focus better	Even but my days are much better structured
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I study more because I am more experienced	I try to practice a bit more even	I have more time and I am enjoying it more	At school I can focus better and there are better instruments
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6 How do think about playing and practicing at this moment? How is this in comparison to pre-learningLAB practice routines?

Better	The same	I enjoy it more
7	4	1

I like it as before. I like to be better at focusing during practice.	I like it better than before.	I like it much better than before.	1 I like my instrument. 1 The same. 1 It's fine.	Because I practice more I became more confident
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Sometimes it's the same sometimes it differs	I have more experience	Much better due to tips of the teachers of LearningLAB	I feel less stress and studying works	I practice more with others and I enjoy this and learn a lot
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7 What is challenging in your practice at the moment?

Balance between school and practice. Practicing 3 hours a day is sometimes difficult.	Practicing boring passages.	2 x Using my time well and focusing well.	Learning new stuff all the time.	Patience.	200 % focus I miss flow
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Motivation, to keep going	I am working on my technical exam, everything is clear and I see little challenges	Practicing new pieces and difficult passages that I would like to skip	Reading sheet music, but I am getting much better at it	Practice in longer sessions, after 15 minutes I loose focus
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8 I feel pressure in:

School	Music Exams	Concerts	Music lessons	Homework
7	9	3	4	1

I want people to be positive about my music, I worry about this often	It is fine	I want to work hard, I feel the pressure for exams and I want to pass the year	School and music exams are important	I want to do everything well
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9 I'm not sure if I use the right practice methods/ strategies:

Yes	No
2	8

I use specific strategies for specific goals	My teacher helps me	My teacher talks to me about it in lessons	My teacher explains everything clearly	My teacher tells me how and what
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I think I do	My teacher explains everything clearly	My teachers help me well
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9b I am unsure of my focus and concentration

Yes	No
7	5

Sometimes I'm tired and busy, then I have less concentration	I can't focus for a long time	My phone distracts me	I am easily distracted	My teacher says I'm doing well	Sometimes I'm fine, sometimes not	I want to focus much better, but I don't
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						succeed yet
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I am pretty sure	I am not insecure but I could concentrate a bit better sometimes	I am sure of myself and I can do it	I often get rid of my phone
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10 Are you more positive about your process and qualities at the moment in comparison to pre-LearningLAB?

Yes	No
10	1

I learned a lot about new strategies and methods to study	I like to have a meet-up with the coach	I like to reflect and see both positive aspects and things I can work on	I practice better, I have more structure	The same	A bit better	I practice more
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I am more experienced	It helps with my process overview	I have grown and everything is easier	I am aware of progression
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11 How satisfied are you with your last exam in comparison to the previous one?

I only did 1 exam.	The previous one was better I think, I was better prepared then.	Better. I was far more organized.	2 x A bit.	The same.	Much better, I had a panick attack in 2023, this year I could show what I had prepared
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The first exam was wrong in many ways, I can't compare	I can't remember well, it was much better as I worked harder	I am not sure I was far too nervous	I am happy it went well
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12 What did you learn or did you like about LearningLAB so far?

Planning and Organizing	Concert Preparation	Strategies	Focus and Concentration	Self-care
6	4	8	4	2

I am much better at using strategies	I can focus better	I take practice more seriously	It helps me	I am better organized	I am better prepared	I feel less stress	I know how to work towards goals	We perform more
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I study with more structure, I prepare better for exams and concerts	I am much better at creating structure	Everything passed in the lessons, you get lots of tips of other musicians and you can always talk	It is good to learn from peers and I learned a lot in general	I like the help with practicing
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