

Topic	Commonality	Statements Made
Differences	No difference	<p>"My "week" was two days because we met on Wednesday. Yep, so yeah I can't really say I have any special news...I think it will become faster and more automatic. Maybe with time now I will be able to have a longer practice session in which I can really focus." (Participant 4)</p> <p>"And as much for the differences [between week 4 and earlier weeks] is not that much, I think in those four weeks, the week that was really different was between the second and the third because [between] the first and second [weeks], I not really confused, but trying to understand me better, how to approach the tool and how to also express my feeling [through] the diary, etc. But in the third week I could really [better] understand my practice session through the diary. And the 4th week, like this week was kind of the same" (Participant 8)</p> <p>"Last week I talked about trying to overcome my lack of motivation. I know I was aware [of] that this week. Could be better, but still that I would struggle with it because something that I think takes a while to get back on track. So, the week started, kind of [how I] predicted. I still was a bit unmotivated, but yeah, I just tried to really be persistent and not give up and I think It's getting better, and now I'm predicting that next week will go well." (Participant 10)</p>
	There was a difference	<p>I think it's slightly better than before, but as it's still a work in progress, I have better days, worse days but yeah, I hope it's getting better. But it's still very slow. (Participant 1)</p> <p>"I actually became a little more motivated to organise myself [and] to set goals before practising because [in] the weeks before I was sort of transitioning as I was trying to apply and to use the practice log. [Now, I'm even] using the performance log that we got at the beginning of our master [studies]. I'm using that and I wasn't using that before so I think somehow I got excited about organising and everything so that's something that was helpful for me." (Participant 2)</p> <p>"[This week], I tried to schedule for the entire week. So, at first it gave me a lot of motivation and I feel like in general I was more conscious of what I was doing and when and why. Kind of. But, I had like one or two days where I don't know why, but nothing was going so well and I was feeling super tired so I ended up not really working, and then it kind of ****ed up my whole schedule. And I was panicking because I was like, "OK, I will never have the time to do everything I wanted." So yeah, that turned into a little bit of a block for me. But one thing I'm really happy about, and I feel like this was very different from before, was that even though I wasn't feeling great, I still went to practice and usually I would not do it at all when I'm too stressed. Even though for one or two or two days, I didn't set any goals, I didn't plan it in any way, but I just went right to it." (Participant 3)</p> <p>"I found myself drop[ping] my instrument and get out [of the practice room] when I was distracted and this this week this, I was way more efficient on</p>

		<p>practising and compared to the last week, the number of times going out is decreasing so I think that's the main difference, and this week also is more efficient than last week." (Participant 5)</p> <p>"I think for me the main thing that I noticed, which is more of a process of the last weeks, is a trust in my own ability to work. and that it's OK to take what I need instead of what I think other people want me to do? I'm letting go - a bit of the suffering and trusting in the process that I will get there anyway. The same with what we talked about. The level 2 audiation that you feel it. I've sort of let it go because I noticed when I was doing the journals that if I used audiation level one or three, I was so happy and so excited and so energised. And if I used level 2, I was just frustrated and it didn't go so well. Just talking about it in general more and being more conscious about it, I've felt more like it's OK to have different working methods. So, I trust myself a lot more and it's going well. " (Participant 6)</p> <p>"This week I practised more. And more like, I don't mean like more hours, it's more frequent. It was like constantly every day. Yeah, that was nice [but] it's very new. This was because I was writing things down. For the last two weeks, there was really a struggle. Because then you wrote it down that you didn't do a lot and you could see it. And now? Everyday is more constant - two or three big sessions and it was nice." (Participant 7)</p> <p>"Yeah I noticed that this week was actually the week where I took [up the] most challenge and that was nice. I think I was planning things better and it really helped. I see it on the notes (observations on the diaries) I make - I'm more motivated to practice for some reason. Yeah, I think it has to do with that I'm way more aware in general, to sum up everything. If something is not working and when I practice, I notice it way faster and I now have different tools to use actually. Before, I would just get frustrated and practice again and again, and then I would make mistakes and then I would be frustrated." (Participant 9)</p> <p>"I noticed that it is becoming easier and easier to find ways to use audiation. So I really like it with new repertoire because you can think about it already before you play it. I try to challenge myself with this and I feel it becomes every day [an even greater] part of me so yeah." (Participant 12)</p> <p>"Yes, I think in general, because I did the [toolkit] list I was more aware of when something wasn't really going well, [I ask] "What can I do now to make it go in a different direction?" Yeah, mainly that. That's the main difference I felt." (Participant 13)</p>
One word	Change	<p>"Transitioning - I [had] transitioned from a little more mindless or thoughtless practice to a more mindful and also planned out [practice]. [I was] more objective about my practice, not so hypothetical. [The] visualisation [and audiation] part was helpful when I get lost on what I'm technically doing right or wrong, if I forget about all of that and just think about the sound I want to produce, it helps you to not get too busy with technical stuff [and] be more practical and more efficient" (Participant 2)</p> <p>"Confronting - but not in a negative way. I can now look a little bit more in a week instead of every day. I took one day a week off and it worked so much. I didn't feel awful about it, because I knew the previous days and the next days I will practise well again. Before this I took and now I like days off but only</p>

		<p>because I had to. Because my body just was like “No, I can't anymore. I can't take it anymore.” And now, it's like “that's not so bad to just take a day off”. I always thought that I practised very well and I have the feeling that I practised very well, but in the first week I saw that I didn't always really practise well. Because I just couldn't practise [on] some days. And now I say this day I'm not going to practice and then I'm practising again. So in the beginning it was very confronting. But yeah it got something good out of it.” (Participant 7)</p> <p>“Confrontational - I had to really reflect on the ways that I was practising and how I wanted it to change to be more effective. A lot of times when I practice, there's kind of nothing that goes through my mind. Because I was so routine based, I got so comfortable with that routine that I wasn't really thinking about what I was doing or why I was doing this routine. By doing all of this reflection, I thought of different things to add to my routine, different things to take out, [or] how I could switch it up. This sort of change helped me become more flexible with my playing and also kind of forced me to think about why I was doing things the way that I was. It made me think about other things ... not just practising ... There's so much that goes beyond [practising] that which crosses into the territory of mental health, how you feel about your day, how you feel before going into the practice room, how you feel about yourself as a musician and that can really change the way that you focus, the way that you practice ... your confidence [and] your motivation, and for me I think that was the biggest thing that I felt like I had to work on. Not necessarily working on the way that I practice, but working on myself as a person in order to have better practice. It was tough to be confronted with all of these things that I had been ignoring in myself and really recognizing and putting into words what I was struggling with.”</p> <p>“The format and the length of the diaries that you provided took a bit of time and that was something that I didn't like because that was ... an added layer of stress. Because I had to document everything, I had this pressure to make every single practice session like the best session I've ever had because I wanted to document something good. So even though I knew consciously that there was no pressure to do that, I still kind of had that because I had to document it.” (Participant 11)</p>
	Approach	<p>“Imagination - because I felt that the use of the audiation tool forced me in a good way to be more imaginative, think more of images. And also it works better to experience a little bit more in the practice session. Also, using your imagination to make the practice session more interesting.” (Participant 1)</p> <p>“Holistic - because we have these three levels, it feels more balanced. And I think very often if you have different practice methods, it's either not structurally organised like this, or you are really just only doing one of the things so it feels in that sense more like an overview, or a balance of a general bigger thing, despite all the details that we talked about.” (Participant 6)</p> <p>“Observation - even looking back on the diaries, and [to] observe, see what was happening one week ago, two weeks ago. Also observing what I was feeling because I had to think about how I was feeling that day, how I felt after the practice, which is something that I really never did before. I would know if I wasn't happy or not, but I never really took time to understand my feelings. Even when I had free time or after practice I was like “Oh, that's what happened that day” and sometimes I don't remember things that I write down.</p>

		<p>Looking back, I was like “mmm that was something that I wrote and I don't remember” and so I would start to look at it a bit more and it was nice, yeah. Very nice. I think observation is the right word for me.” (Participant 8)</p> <p>“Exploration - I really like the fact that we had to come up with our own ways of audiation, for example. Because then, then we actually had to take charge and we had to come up with something [by] ourselves to fix it, and often that's actually better than someone telling you what to do. And you gave some examples so that we understood what this is about exactly. But yeah, so exploring yourself and what works for you.” (Participant 9)</p> <p>“Awareness - because of the reflection and if it's from every day that you have to write everything down, you start to think about it, in my case. And you're not just doing things that you would normally do, but I think we're all changing a bit [of our] habits. So you first become aware, and then you can change it.” (Participant 12)</p> <p>“Organised - because before I think I just had a bunch of tools in my head that I could use, but they would just pop up randomly when I was practising and sometimes, probably, I would know a better technique to use to practice, but I wouldn't use it because at the time it was not in my head. Yeah, so in that sense I feel like I can. Yeah, I can access all this information in a much easier way, as if you suddenly put everything into the right drawers.” (Participant 13)</p>
	Feeling	<p>“Enlightening - like it kind of put into the light many things, in the sense that I'm more conscious about [them]. Yeah, it's a bit of what they both (Participants 6 and 13) said also, but yeah, to really know that you have those tools that it's organised, to have the overview of everything, so that was really nice but also in the sense that to really pay attention to what is happening and how to improve and also this aspect of like, It was enlightening to hear everyone else talking about how it was going for them. So that was really a huge thing for me. It was really, really nice and kind of reassuring and very interesting and very inspiring. Like all at the same time.” (Participant 3)</p> <p>“Ease - because especially with the audiation tool, which I didn't really use so consciously before, practising felt much easier somehow. Also much easier to have concentration, so everything was kind of more smooth in the process. Wasn't like my mind going around and saying “Oh no, go back to practising”.” (Participant 4)</p> <p>“Inspiring - this project really made me be honest on every practice session. Because before this project, I was just “it's time to practise.” I just practised and after practise I didn't even think about it. But after [starting] this [project], I would like to remind myself of the efficiency in this practice or [am I] doing great. (Participant 5)</p> <p>“Amazing - because it encouraged me, not only the toolkit, but also the meetings [that] encouraged me, really, to finally without fear, take charge of not only my practice, but a lot of insecurities and so it was something that I think I needed to do. But yeah, it's just helped me a lot to finally do it. Of course, it's a long journey, but now I'm not so afraid of facing something [that] is not working. Yeah, now I'm more comfortable trying to find out the reason why.” (Participant 10)</p>

<p>Question d)</p>	<p>Benefits of group meeting discussions</p>	<p>"I thought the group meetings were really good. Everyone can talk about their practice and be honest, and I find that I'm not alone because everyone will [face some] troubles. But normally we don't talk about this, but in this workshop we talk about it, and it feels good to me knowing that I'm not alone. (Participant 5)</p> <p>"I think just the aspect of talking to people about this and reflecting once a week, once every two weeks or so, when you said reassuring, like just the sense of you're working together on something, and I think that's something that even if you have group lessons with your teacher, it's usually different because group lessons are focused either on technique or performance classes, which is definitely needed as well. But this is also because you're not necessarily with people from your instrument. Yeah, it gives a bit more of this broader perspective on. "How do we work? What are we thinking about? How do we feel?" And I think that's just for me, something very nice." (Participant 6)</p> <p>"Group meeting made it (idea of taking breaks) stronger because I already knew that it would be a good idea" (Participant 7)</p> <p>"We're not going to end this because I hope we keep talking, all of us. And it's quite nice to also see different students of [a teacher] and also talk about these kinds of things. Because we are a very open group and also very nice to each other. That's nice. Some [instrument] groups are like [weird noises] this kind, but that's not, I don't feel it in our class." (Participant 7)</p> <p>"I just find it strange that we have, like all those theory lessons and all those kinds of things, but not more of these kinds of things (lessons on practising) because this is the most important thing there is in the whole world for us." (Participant 7)</p> <p>"If you think about it, you practise more than you have lessons" (Participant 8)</p> <p>"it's really interesting to hear the different things people come up with and you can still borrow ideas from each other" (Participant 9)</p>
	<p>Feedback for researcher</p>	<p>"I wanted to say something that I was actually really impressed at the way you managed the whole project. In the sense that yeah, I found it so interesting and so yeah also inspiring like also like from a point of view outside of the project, just to see, like have a look at how you would work on this and put this together...I loved the fact that it was at the same time very, very structured and very clear and at the same time really open to like if we wanted to add things or things were not working for us or something like this... So yeah and also the way you managed the talking sessions, yeah it was really clear, everyone could talk as much as they needed or wanted and yeah, I felt like it was really a nice process overall. " (Participant 3)</p> <p>"Yeah, you do really well. You have a very good atmosphere of making people feel safe and heard, also in the more difficult sessions." (Participant 6)</p> <p>"That's also because you (the researcher) put a lot of energy with yourself in it, and then you (the participant) really want to give your energy back. So it's really also because of you (the researcher). (Participant 7)</p>

	Intertwining of practice and life	<p>"If I ask you, how are you, do you think about your practice? 'cause when someone asks me: "How are you?" and I say: "Like oh very good. I practise, so... so no. Or "Awful, I couldn't practise today." It's never like "Oh yeah, good day, I walk with the dog and it was so nice. It's always like "Ah, did I practice? Yes, no?" (Participant 7)</p> <p>"Y'know, it happened to me so many times like calling my mother. My mother is like "Oh, how did it go today?" And I'm like "No, mom... I didn't practice" It happened so many times!" (Participant 8)</p>
	Future directions after the project	<p>"I think what's nice is also because of course it's very important to find your own way first and then hear about it. Because I think every person has his own personal way. And our school is always teaching about things and that's what I liked about this project. It's of course not just teaching us how to practise, it's like making us aware how we do things and I think that should be there, in the teaching system like just yeah. It really is your own personal thing, of course, but it's something you need to do, and it's very important. And it's always like "Oh you have to practice very well" and then you're like: "Yes, but how?" and then they say a lot of things that worked for them but maybe it's not working for you and then you like "why it's not working for me? Maybe I'm very bad at practising" And now you can just really yeah, do your own research. I'm really going to continue writing down practice notes. You know that book we got from Quality Practice? I don't think I'm going to do exactly what's written, I'm just going to do a little bit of this and a little bit of that, and I find my own. (Participant 7)</p> <p>"I will do it (group meetings) in my own country. I will start." (Participant 8)</p>
	Data differences	<p>"But here (post-project survey), the 8 I gave in the earlier survey will be a different 8 in the survey here. Here, it will be like that 'cause maybe I'm going to say "Most of the time again". Maybe I'm even more strict because I'm more aware of things. So this is going to be a different 8" (Participant 7)</p>
	Pressure/ Anxiety of filling up diary	<p>"Yeah, this was really nice and I have to say I was sometimes very annoyed with the journals but it did help. Because before is always fine because I have to organise my thoughts and warm up. But afterwards, I'm practising until my lesson and then I have to run to my lesson. You know, like running with the paper." (Participant 6)</p> <p>Sometimes what I noticed that I found really annoying, but I failed in this way was that I always was also quite lazy to fill out the form (referring to the diary). The thing is if you only have 30 minutes, it's a lot. It's actually a lot of time to [fill it up]. (Participant 9)</p> <p>"Because I had to document everything, I had this pressure to make every single practice session like the best session I've ever had because I wanted to document something good. So even though I knew consciously that there was no pressure to do that, I still kind of had that because I had to document it." (Participant 11)</p> <p>"Yeah sometimes, it feels a bit overwhelming to have everything too much organised like the planning...but I'm usually now planning every two weeks because I need something in between." (Participant 13)</p>