Post-project Survey

Name:

	Not at all	Sometimes	Neutral	Most of the time	All the time
I enjoy practicing					
I often feel frustrated when practicing					
I often look forward to practicing					
I look forward to picking up my instrument					
I often find myself happier after practicing					
I often find myself distracted during practice					
I find myself distracted by my phone during practice					
I usually find time passing really fast while practicing					
I am confident of my playing when I am in the practice room					
I am confident of my playing when I am performing for someone else					
I am bothered by what doesn't go well in the practice room					
I am angry/sad/ depressed in the practice room when it doesn't go well in the practice room					

	Not at all	Sometimes	Neutral	Most of the time	All the time
I create music when I practice					
I am able to identify and tackle challenges in the practice room					
I have negative self-talk during practicing					
I trust myself when I am playing on my instrument					
I practice according to how my teacher tells me to					
I spend time to decide what I want to practice before I step into the practice room					
I see the progress in my playing from week to week					
I am able to identify problems in the practice room by myself					
I am able to solve problems in the practice room by myself					
I investigate challenges through a technical point of view (e.g. bow/air speed, breathing, finger-mouth/left-right hand coordination)					

	Not at all	Sometimes	Neutral	Most of the time	All the time
I investigate challenges through a musical point of view (e.g. thinking of where the phrase goes to, imagining the narrative of the phrase, gesturing, varying in styles and rhythm)					
When practicing, I think of how I would like the phrase to sound before I play					

When practicing, my focus is directed more towards: *

0 1 2 3 4 5 6 7 8 9 10

My body (e.g. tension, fingers, feet, breathing, arm, bow speed, embouchure, etc)   ○○○○○○○○○○○   My sound and music (e.g. tone, resonance, musical intentions)

	Not at all	Sometimes	Neutral	Most of the time	All the time
Do I enjoy tackling challenges more than I did before this project?					
I will continue using these techniques even after this project (yes/no) Why?					
Describe how has your **experience** and **results** in the practice room of the last three weeks differed from previously					