



<https://rescala.co.uk>



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Register

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Get closer to your musical goals with Rescala

Register Now

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Sign In to Rescala

Don't have an account? Please

Register Now

Username

Password

☐ Remember Me

Sign In

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Register with Rescala

Already have an account? Then please

Sign In

Username

First Name

Last Name

Password

Re-enter Password

Register

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01 January 2023

https://rescala.co.uk/practice/log

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Dashboard

Log Practice

Resources

Logout

Log Practice

Headline

Headline

Date

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Duration

3

Focus

☐ Listening

☒ Scales

☐ Technique

☐ Rhythm

☒ Memorising

☐ Musicality

Reflections

Add Session

Mood

☐ Motivated

☐ Frustrated

☐ Confident

☐ Discouraged

☐ Focused

☒ Distracted

☐ Inspired

☐ Bored

☐ Energized

☒ Burnt out

☒ Proud

☐ Insecure

☐ Determined

☒ Overwhelmed

☐ Satisfied

☐ Anxious

☐ Relieved

☐ Disappointed

☒ Encouraged

☐ Accomplished

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Final Practice

31 January 2023 | 60 mins

Summary

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Focus

- Memorising
- Performing
- Technique

Moods

- Inspired
- Enthusiastic
- Nervous

Edit Session

Delete Session

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DashboardLog PracticeResourcesLogout

Resources

Date

Resource Title

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Date

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Resource Title	Resource Description	Resource URL
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2. The Scientific Method: A Step-by-Step Guide	A detailed explanation of the scientific method, including the importance of hypothesis testing and data analysis.	https://www.bbc.com/science/1/2012/01/20120101_scientific_method_1.shtml
3. The Scientific Method: A Simple Explanation	A clear and concise explanation of the scientific method, suitable for students and teachers alike.	https://www.khanacademy.com/science/method-of-science/a/simple-explanation-of-the-scientific-method
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2. The History of Science	A detailed overview of the history of science, from ancient times to the modern era.	https://www.britannica.com/history/science
3. The Scientific Method: A Step-by-Step Guide	A step-by-step guide to the scientific method, including examples and exercises.	https://www.khanacademy.com/science/method-of-science/a/step-by-step-guide-to-the-scientific-method/a1b2c3d4
4. The Scientific Method: A Video Series	A video series explaining the scientific method, featuring interviews with scientists and demonstrations.	https://www.youtube.com/watch?v=1234567890
5. The Scientific Method: A Podcast	A podcast discussing the scientific method, featuring interviews with scientists and experts.	https://www.spotify.com/podcast/scientific-method

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2. The Scientific Method: A Step-by-Step Guide	A detailed explanation of the scientific method, including the importance of hypothesis testing and data analysis.	https://www.bbc.com/science/1/2019/01/scientific-method-what-is-it-how-it-works
3. The Scientific Method: A Practical Guide	A practical guide to the scientific method, providing examples of how to apply the method in various fields.	https://www.ck12.org/book/ck-12-science-the-science-process/section/1.1/
4. The Scientific Method: A Visual Guide	A visual guide to the scientific method, using diagrams and illustrations to explain the process.	https://www.khanacademy.com/science/method-of-science/a/visual-guide-to-the-scientific-method
5. The Scientific Method: A Hands-On Guide	A hands-on guide to the scientific method, providing activities and experiments to help students understand the process.	https://www.ck12.org/book/ck-12-science-the-science-process/section/1.2/

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