

4/11 John Loman (chemistry)

Clarinet

Electric Guitar/Bass

Motivation to improve

- Knowledge that we could always improve
- Challenge
- Social

Practice Routines

- Organized (technical music)
- Improv (play around)

Social Aspect

↳ Prefer to practice w/ others

Rehearsal vs. Practice

↳ Practice = mechanical

↳ Rehearsal = blending / styling etc

Psychological Benefits

- Psych. rewards

Least Beneficial

- Something always learned

Largest Sacrifice

- Time & Mental

Practice = most efficient

- Setting goals
- Planning

Technology
- Rec. equipment

What allowed you to learn the best/most directly

- Technology
↳ hearing recordings

- Music Teacher
↳ stylistic

Stylistic vs Mechanics
↳ most time ↳ early on