

Practicing in the Time of COVID-19
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Abstract

COVID-19 hit mid-semester 2020 while the author was teaching a course, *Practicing for Performance*, that focused on experimentation with new practice technics. Normal practice routines were obliterated. How to practice flute in a one-room apartment with a roommate, or practice piano/keyboard with a roommate who hated the clicking of keys, became pressing issues.

After an initial shock, students gradually implemented creative adaptations of various practice strategies. Suddenly they were thriving in their practicing.

Mental and aural – use of the ear—became critical practice strategies students utilized. While great artists have always advocated these technics, they are easily ignored in more normal circumstances.

Unique practice strategies, often student-generated, will be shared in this presentation. They include:

- Pajama practice: end of day, put on pajamas, crawl into bed, listen to your piece while following the score (mental and aural)
- Refrigerator cooking practice: tape musical map of work on refrigerator, play recording, pinpoint on the map where one is in the work (mental and aural), while cooking
- Portfolio practice: tape miniature copies of the work on a large notebook. Practice off the large notebook although can't actually read music, noting breakdowns (mental over view of piece, memorization test)
- Buddy practice: daily shared snapchat practice videos

Practice strategies discussed will also include mapping, interleaved (interspersed practice), variable practice, and video recorded practice. The weekly course outline and key reading resources that were maintained throughout the pandemic of Spring 2020, will also be shared.