



THE GLASGOW SCHOOL OF MUSIC

Music Practice Journal

A longer-term practice record for students and families

GSOFM PRACTICE PRINCIPLE

The journal turns practice into a visible learning story.

GSofM Academy Practice Principle

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Reflective - Structured - Practical - Musical

DOCUMENT CONTROL

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A controlled public-facing Academy journal for students, parents and tutors.

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GSOFM PRACTICE PRINCIPLE

**This journal is designed to make learning visible,
not to create extra admin.**

Use alongside tutor advice

USER GUIDE

How this journal should be used

The journal gives students a place to track practice, reflect on progress and prepare better questions for lessons.

Unlike the weekly planner, this journal is intended for longer-term tracking. It helps students see patterns over time: which pieces are improving, which techniques need repetition, and where motivation or confidence is changing.

Use	Recommended approach
Weekly record	Use one weekly journal page to summarise the practice week.
Reflection	Write short notes about what improved and what still needs help.
Tutor communication	Bring clearer questions to lessons by recording issues as they arise.
Progress review	Use review pages every four weeks to see longer-term development.

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SECTION 01

Journal Method

**Reflection works best when it is short, honest
and useful.**

JOURNAL PRINCIPLE

Track what matters

A useful practice journal should not become a diary of everything.

The strongest entries are short and specific. They name the main focus, record what changed, and identify what needs help. This gives the tutor better information and gives the student a clearer sense of progress.

Weak entry	Useful entry
Practised piano.	Practised bars 9-12 slowly; rhythm is better but left hand still unsure.
Did scales.	G major scale: even tone improving; needs slower left-hand fingering.
Piece is hard.	The ending is difficult because I rush the final two bars.

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The best journal entry makes the next practice session clearer.

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REFLECTION RHYTHM

Three questions per week

Students do not need long written reflections.

Question	Purpose
What improved this week?	Builds confidence and identifies evidence of progress.
What still needs help?	Makes the next lesson more useful.
What is the next small step?	Turns reflection into action.

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Progress becomes easier to trust when it is recorded.

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SECTION 02

Weekly Journal Pages

**Use these pages to record a learning week, not
a perfect week.**

WEEKLY JOURNAL

Week 1

Use this page to record the main focus, practice notes and what changed across the week.

Student: _____ **Week beginning:** _____

Main weekly goal: _____

Day	Practice focus	Notes / what improved
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

End-of-week reflection

What was the best improvement this week?

What still feels difficult?

What should I ask my tutor next?

WEEKLY JOURNAL

Week 2

Use this page to record the main focus, practice notes and what changed across the week.

Student: _____ **Week beginning:** _____

Main weekly goal: _____

Day	Practice focus	Notes / what improved
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

End-of-week reflection

What was the best improvement this week?

What still feels difficult?

What should I ask my tutor next?

WEEKLY JOURNAL

Week 3

Use this page to record the main focus, practice notes and what changed across the week.

Student: _____ **Week beginning:** _____

Main weekly goal: _____

Day	Practice focus	Notes / what improved
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

End-of-week reflection

What was the best improvement this week?

What still feels difficult?

What should I ask my tutor next?

WEEKLY JOURNAL

Week 4

Use this page to record the main focus, practice notes and what changed across the week.

Student: _____ **Week beginning:** _____

Main weekly goal: _____

Day	Practice focus	Notes / what improved
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

End-of-week reflection

What was the best improvement this week?

What still feels difficult?

What should I ask my tutor next?

WEEKLY JOURNAL

Week 5

Use this page to record the main focus, practice notes and what changed across the week.

Student: _____ **Week beginning:** _____

Main weekly goal: _____

Day	Practice focus	Notes / what improved
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

End-of-week reflection

What was the best improvement this week?

What still feels difficult?

What should I ask my tutor next?

WEEKLY JOURNAL

Week 6

Use this page to record the main focus, practice notes and what changed across the week.

Student: _____ **Week beginning:** _____

Main weekly goal: _____

Day	Practice focus	Notes / what improved
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

End-of-week reflection

What was the best improvement this week?

What still feels difficult?

What should I ask my tutor next?

WEEKLY JOURNAL

Week 7

Use this page to record the main focus, practice notes and what changed across the week.

Student: _____ **Week beginning:** _____

Main weekly goal: _____

Day	Practice focus	Notes / what improved
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

End-of-week reflection

What was the best improvement this week?

What still feels difficult?

What should I ask my tutor next?

WEEKLY JOURNAL

Week 8

Use this page to record the main focus, practice notes and what changed across the week.

Student: _____ **Week beginning:** _____

Main weekly goal: _____

Day	Practice focus	Notes / what improved
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

End-of-week reflection

What was the best improvement this week?

What still feels difficult?

What should I ask my tutor next?

WEEKLY JOURNAL

Week 9

Use this page to record the main focus, practice notes and what changed across the week.

Student: _____ **Week beginning:** _____

Main weekly goal: _____

Day	Practice focus	Notes / what improved
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

End-of-week reflection

What was the best improvement this week?

What still feels difficult?

What should I ask my tutor next?

WEEKLY JOURNAL

Week 10

Use this page to record the main focus, practice notes and what changed across the week.

Student: _____ **Week beginning:** _____

Main weekly goal: _____

Day	Practice focus	Notes / what improved
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

End-of-week reflection

What was the best improvement this week?

What still feels difficult?

What should I ask my tutor next?

WEEKLY JOURNAL

Week 11

Use this page to record the main focus, practice notes and what changed across the week.

Student: _____ **Week beginning:** _____

Main weekly goal: _____

Day	Practice focus	Notes / what improved
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

End-of-week reflection

What was the best improvement this week?

What still feels difficult?

What should I ask my tutor next?

WEEKLY JOURNAL

Week 12

Use this page to record the main focus, practice notes and what changed across the week.

Student: _____ **Week beginning:** _____

Main weekly goal: _____

Day	Practice focus	Notes / what improved
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

End-of-week reflection

What was the best improvement this week?

What still feels difficult?

What should I ask my tutor next?



SECTION 03

Four-Week Review Pages

Review the pattern, not just the last practice session.

PROGRESS REVIEW

Four-Week Review 1

Use this page every four weeks to notice patterns, progress and recurring issues.

Review period: _____

Week	Main focus	Progress noticed	Still needs help
1	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
2	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
3	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
4	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Four-week reflection

What am I more confident with now?

What practice habit has improved?

What should my next goal be?

PROGRESS REVIEW

Four-Week Review 2

Use this page every four weeks to notice patterns, progress and recurring issues.

Review period: _____

Week	Main focus	Progress noticed	Still needs help
1	_____ _____	_____ _____	_____ _____
2	_____ _____	_____ _____	_____ _____
3	_____ _____	_____ _____	_____ _____
4	_____ _____	_____ _____	_____ _____

Four-week reflection

What am I more confident with now?

What practice habit has improved?

What should my next goal be?

PROGRESS REVIEW

Four-Week Review 3

Use this page every four weeks to notice patterns, progress and recurring issues.

Review period: _____

Week	Main focus	Progress noticed	Still needs help
1	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
2	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
3	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
4	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Four-week reflection

What am I more confident with now?

What practice habit has improved?

What should my next goal be?



SECTION 04

Repertoire and Technique Records

**Keep track of the work so progress does not
disappear.**

MUSICIANSHIP RECORD

Reading, listening and confidence

This page captures skills beyond the current piece.

Area	What I worked on	What improved	Next step
Reading / sight-reading	_____	_____	_____
Rhythm	_____ _____	_____ _____	_____ _____
Listening / aural	_____	_____	_____
Theory	_____ _____	_____ _____	_____ _____
Performance confidence	_____	_____	_____
Practice independence	_____	_____	_____

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A musician grows through more than one piece at a time.

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SECTION 05

Lesson Notes and Questions

Good notes turn the lesson into a plan for the week.

LESSON NOTES

Lesson Notes 1

Use this page to record the tutor's main guidance and the student's next steps.

Date: _____

Tutor: _____

Lesson length: _____

Area	Notes
Main focus	<hr/> <hr/>
Pieces / songs	<hr/> <hr/>
Technique	<hr/> <hr/>
Reading / theory	<hr/> <hr/>
Practice task	<hr/> <hr/>
Question for next time	<hr/> <hr/>

LESSON NOTES

Lesson Notes 2

Use this page to record the tutor's main guidance and the student's next steps.

Date: _____

Tutor: _____

Lesson length: _____

Area	Notes
Main focus	<hr/> <hr/>
Pieces / songs	<hr/> <hr/>
Technique	<hr/> <hr/>
Reading / theory	<hr/> <hr/>
Practice task	<hr/> <hr/>
Question for next time	<hr/> <hr/>

LESSON NOTES

Lesson Notes 3

Use this page to record the tutor's main guidance and the student's next steps.

Date: _____

Tutor: _____

Lesson length: _____

Area	Notes
Main focus	<hr/> <hr/>
Pieces / songs	<hr/> <hr/>
Technique	<hr/> <hr/>
Reading / theory	<hr/> <hr/>
Practice task	<hr/> <hr/>
Question for next time	<hr/> <hr/>

LESSON NOTES

Lesson Notes 4

Use this page to record the tutor's main guidance and the student's next steps.

Date: _____**Tutor:** _____**Lesson length:** _____

Area	Notes
Main focus	<hr/> <hr/>
Pieces / songs	<hr/> <hr/>
Technique	<hr/> <hr/>
Reading / theory	<hr/> <hr/>
Practice task	<hr/> <hr/>
Question for next time	<hr/> <hr/>



SECTION 06

Final Reflection

The journal is a record of effort, progress and independence.

FINAL REFLECTION

What changed during this journal?

Complete this page after using the journal for several weeks or at the end of a teaching block.

Learning reflection

The biggest improvement I noticed was:

The practice habit I am proudest of is:

The musical skill I want to develop next is:

The question I want to ask my tutor is:

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The strongest progress is often seen by looking back.

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RECOMMENDED NEXT RESOURCES

Continue the Academy pathway

This journal sits inside the wider GSofM Academy Resource Library.

ID	Resource	Use
RES-001	The Complete Parent Guide to Music Lessons	Broad guidance for families.
RES-002	Preparing for Your First Lesson	First-lesson preparation.
RES-003	How to Practise Effectively	Practice method and problem-solving.
RES-004	Weekly Practice Planner	Short-term weekly planning tool.

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Practice becomes more powerful when the student learns to notice their own learning.

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GSofM Academy Resource Library

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Lessons in Music, Skills for Life

The Glasgow School of Music

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