

*Balanced Musician* Chapter Nine

Name: \_\_\_\_\_

1. What are two reasons to alternate mental and physical practice rather than relying purely on physical practice?
2. What year was the Feltz and Landers meta-analysis published?
3. Why was it significant that studies employing cognitive tasks had larger average effect sizes than motor or strength tasks?
4. What did Driskell, Copper, and Moran do differently than Feltz and Landers?
5. How often should one practice mentally in order to maintain its benefits?
6. In what year was the first significant mental practice study published?
7. What is the three-step practice loop recommended by Freymuth?
8. Describe a way of testing your memory to find out whether your piece is “overlearned” to the extent that it can be played in a variety of scenarios. Choose a type from the book that you would like to use in the future, or describe your own idea that you have used or want to use in the future.

9. What is chunking and how does it help with memorization?

10. What are the four types of memory described on pages 219-221?

11. Which is your strongest?

12. Which is your weakest and what can you do to strengthen it?

13. What are the three steps of the recommended preperformance routine?