

Welcome to Charlene Adzima's String Studio!

I teach violin, viola, and fiddle styles using the Suzuki approach. I'm thrilled to teach all of you this year, but here are a few ground rules:

Bring to *every* lesson:

- Instrument, bow, rosin, shoulder rest
- All current method books, sheet music, reading books, or projects
- Small notebook and pencil for writing down a Quick Practice List (QPL)
* **Pro tip: Gather all your music lesson materials in one spot the night before so that you or your parent won't forget to bring something.**

Practice:

- What should you practice? Good thing you made a list! Look at it! You will also have access to the lesson notes I shared on Google Drive. Some parents like to print out the notes and hang it on the wall in the practice area, or keep it in a practice folder.
- Listening is the EASIEST form of practicing and must be done every day for best development of aural superpowers.
- Do your practicing the same way every day, in the same place every day, at the same time every day. Your mind and body will get used to doing it the same way you remember to eat every day.
- Reward yourself with a snack, a toy, or a tune you like to play when you've finished your practice. Some of my students enjoy making practice charts, jars, and other methods of tracking progress.

Send me an e-mail (charlene.adzima@gmail.com), call or text (614-507-7071) if you have questions, **do not wait** until the next lesson!

My focus this year is:

Think small

Sometimes we are so focused on the big picture that we forget to slow down and take care of the details. Big goals seem so much harder until we break them down into doable smaller goals. Together we will experiment with choosing goals and adjust them so they are doable on a weekly basis.

As my dad always says,

"Inch by inch, everything's a cinch. Yard by yard, everything is hard."