

ABSTRACT

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DEVISING A MUSIC PRACTICE WORKSHEET BASED ON BARRY ZIMMERMAN'S *PHASES OF SELF-REGULATION*

(xi + 49 pages; 21 figures; 3 tables; 1 appendix)

Practice quality is an important predictor of a musician's success, yet music students often struggle with practicing due to relying too much on teachers to tell them what to do. The educational theory of self-regulated learning provides an answer to this problem, through a cyclical model by Barry Zimmerman that explains how learners take control of their own learning process. Extant research has shown that this theory is relevant and applicable to the context of music learning. Therefore, this research aims to devise a worksheet based on Barry Zimmerman's *Phases of Self-Regulation* to guide the individual practice of music students. Data is collected qualitatively from literature study. The result of this research is a practical, action-focused worksheet. The three phases of Zimmerman's model are adapted into three sections of the worksheet. The sub-processes in each phase are adapted into instructions, questions, checklists, prompts and suggestions, to guide the worksheet user through the self-regulation cycle. Even though not every subprocess is included in the daily entries, a significant portion of them is indeed very relevant, applicable and helpful to music practice.

Keywords: music practice, practice worksheet, self-regulated learning, phases of self-regulation, Barry Zimmerman

References: 25 (1967-2021)