

ACTIVITY GUIDE

Greater Twin Cities Youth Symphonies (GTCYS)

Writing/Essay/Journal

GTCYS bassist Alice values her experience of being in a symphonic orchestra because through it she is mentored by top musicians and gets the opportunity to travel internationally. She says playing in Seville, Spain changed her life.

Write about an experience you've had that changed your life. Was it a positive change, or a negative change? Was it a broad experience, or a single event that changed your life?



Activity

Alice practices playing for two hours each day.

Pick a skill you'd like to develop that you can practice at home without formal coaching. For an entire week, carve out two hours each day to practice that skill. Keep a journal and track your progress through the week. What is difficult about maintaining a vigorous practice schedule? What is rewarding?