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What to Bring to Flute Lessons:

- **Flute and/or Piccolo** – If you own the instrument please make sure it is well maintained.
- **All Currently Assigned Music** – preferably in a folder or flute bag.
- **Assignment Notebook** – This can be a digital or a spiral notebook of some kind.
- **Appropriate Music** – I'll assign music based on your current playing level and goals. If you are looking for new music to purchase please visit
  http://www.ellenjohnsonmosley.com/recommendations.html

What You Need for Practicing Music:

- **An Adjustable Height Music Stand** – It's good to practice standing up or sitting down with good posture. Most music stands will fit the bill. A piano will do in a pinch.
- **A Private Area with Proper Lighting** – This depends a bit on what you like, but as a general rule you'll want a space that's not too distracting where you can really focus on practicing for 20 to 45 minutes at a time. You may want a sound system of some kind or a computer nearby to do some listening, too.
- **Metronome and Chromatic Tuner (set on A=440):** You may not use these every time you practice, but when you need them it's better to have them right next to the music stand so you can stay focused. If you'd like suggestions on what to buy feel free to ask.

How to Practice Your Assignments:

There is a difference between playing through your music, practicing music and performing in front of others. The key to having successful practice is working on details (through repetition) and developing a sense of progress during your focused, routine practice sessions.

Here are some minimum practice time goals for flutists at different levels:
   o Beginning Students: 20 to 30 minutes daily, 5 days a week
   o Intermediate Students: 30 to 45 minutes, 5 days a week
   o Advanced Students: 45 to 120 minutes, 5 days a week

(Note: I consider students who can play through all their major scales in 2 octaves quickly and evenly (slurring then tonguing) to be advanced in these guidelines.)