**Take a moment to assess your current skill level. Make a list of strengths and weaknesses.**

**Strengths Weaknesses**

Go online and find five jam tracks with which you can practice the ideas from stages 1 to 4. The first three should be at a comfortable level of difficulty. Then choose two that can help you address some of the weaknesses you identified above. E.g. if your knowledge of harmony is limited, try finding a track with lots of chord changes. If you need to develop your sense of rhythm, find a track in a compound time signature such as 6/8 or 12/8.

**You can also make major improvements through deliberate, structured listening habits.**

**What are your three preferred genres to listen to?**

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Go online again and find five pieces of music from outside the genres listed above. For each one, identify three characteristics that make the style stand out from what you usually listen to.

**Piece 1**

**Piece 2**

**Piece 3**

**Piece 4**

**Piece 5**

**If you want more of a challenge, pick an instrument other than your own and find three examples of it being used to improvise. Note down as many distinguishing features of what you hear as possible.**