

How to use the practice spreadsheet

Would you like to keep track of your practice and your progress with the Violinlab Syllabus without having to print out many check lists? Then these practice spreadsheets might just be what you need. If you are familiar with using different sheets within a spreadsheet the “Violinlab Practice Schedule – Complete Syllabus.xls” is probably what you would want to use. It has all levels combined into one file. If you do not have much experience with spreadsheets, working with the file for a certain level might be the better choice for you.

Each level is organized according to the Violinlab Syllabus and is meant to be used alongside the syllabus. Each row gives the number of a video in the Video Lessons Library, the title of the video (hyperlinked to the Video Lessons Library), its color coding within the syllabus, as well as the category and section where the video appears within the syllabus.

The three empty fields are meant for you to fill in as needed. When you click on a cell in the Status column you will notice a little down arrow appearing next to the cell.

No.	Video Title	Col	Notes	Status	Date	Category	Section
68	Guided Practice #7: Skips, part 2	purple				Etudes, Scales, and Exercises	Exercises and Concepts for Review
70	Intonation: part II	purple				Etudes, Scales, and Exercises	Exercises and Concepts for Review
114	Maintaining a Straight Bow part 4	yellow				Etudes, Scales, and Exercises	Exercises and Concepts for Review
51	Superstudies book 1: #5	blue				Etudes, Scales, and Exercises	Etudes and Scales
54	Superstudies book 1: #1	blue				Etudes, Scales, and Exercises	Etudes and Scales
56	D Major Scale (note demonstration)	blue				Etudes, Scales, and Exercises	Etudes and Scales
57	D Major Scale (practicing the scale)	blue				Etudes, Scales, and Exercises	Etudes and Scales
65	Superstudies book 1: #4	peach				Etudes, Scales, and Exercises	Etudes and Scales
305	Art of Practicing: part 1: Isolating	peach				Etudes, Scales, and Exercises	Etudes and Scales
72	Stiffness in the Wrist and Fingers of the Bow Arm	yellow				Watch Even Though You Are Not There Yet	Key Concepts of Flight Arm Technique

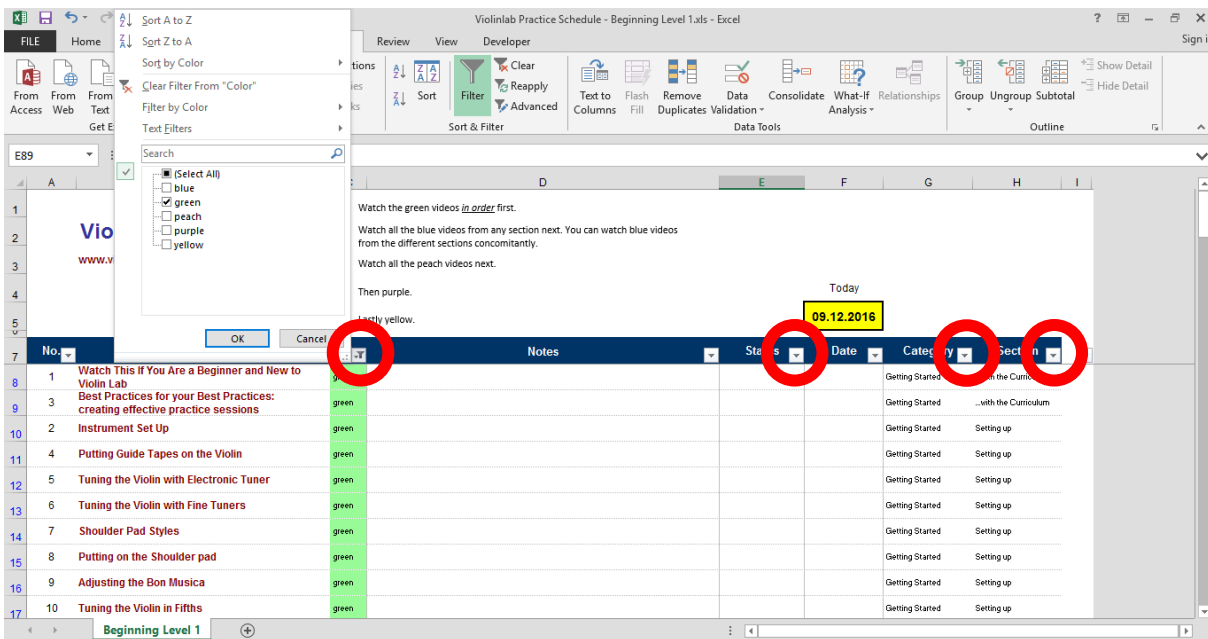
Click on this arrow for a progress list to open up where you can choose your current level with this certain video.

No.	Video Title	Col	Notes	Status	Date	Category	Section
68	Guided Practice #7: Skips, part 2	purple				Etudes, Scale Exercises	Etudes, Scale Exercises
70	Intonation: part II	purple				Etudes, Scale Exercises	Etudes, Scale Exercises
114	Maintaining a Straight Bow part 4	yellow				Etudes, Scale Exercises	Etudes, Scale Exercises
51	Superstudies book 1: #5	blue				Etudes, Scale Exercises	Etudes, Scale Exercises
54	Superstudies book 1: #1	blue				Etudes, Scale Exercises	Etudes, Scale Exercises

The Date field allows you to mark the date when you completed a certain video.

If you are familiar with filters you will have noticed the little arrows in the blue title line. These arrows allow you to filter the data so you only see the portion you choose. Filters can be extremely helpful to give you an overview of a subsection of the data instead of having to scroll through a long list.

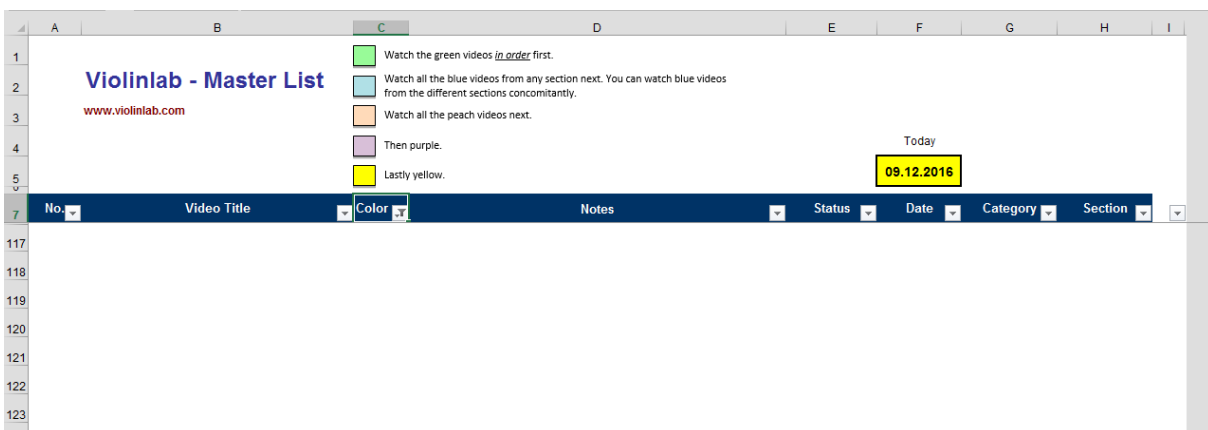
For example, you might want to check at some point: Have I completed all the green videos in this syllabus? Clicking on the arrow next to Color lets you select which color you want to see. It will hide all other rows while the filter is selected.



If you haven't worked much with filters, here are two "problems" you might very likely run into:

You close the file, open it again some other day and don't remember that you had filtered a column. You might wonder: Where did the blue videos go? I know for sure this level had blue videos! Did I accidentally delete them? Probably not! Just check whether the arrow in the blue header line has a little filter sign next to it (as seen above in the Color column).

The second "problem" can appear if you have scrolled down toward the end of the list before you apply a filter. You might then end up with a screen like this:



So where did the videos disappear to now? You know for sure that you did have green videos in the list! Notice the row numbers on the left? Just scroll back up to the top and you will see your videos again. The header line will always stay in place, the other rows will scroll as you go up or down your list.

I hope this will be helpful for you. If you encounter any errors in the file, please let me know (2007elke@gmx.de).