In the recommended system of singing solfege, THE TONIC NOTE WILL ALWAYS BE DO. This system is used so that the student retains the tonic note as a reference pitch. Pitches are therefore heard and sung in relation to that reference pitch (the tonic). The major scale would be sung as usual:

The minor scale forms do not begin LA TI DO... but should be sung with DO as the tonic note. The syllables for each of the upper notes are then altered appropriately. Students do not, then, hear the natural minor form as a scale beginning on the sixth scale degree of a major scale. Rather, students should understand the minor forms independent from the major scale (They are, in fact, only theoretically related to the major scale). This should help the students develop a sense of tonic and benefit their hearing of intervals.

Modes should be sung in a similar manner, with DO as the tonic note for each. The syllables for each of the upper notes are then altered appropriately:

Any melody where a focal pitch (tonic pitch) is apparent, should be sung with DO as the focal pitch. The following example involves the whole tone scale (F is the focal pitch):
Sing through the following melodies using solfege syllables. Keep an even tempo at around a quarter note=60.