

Deliberate Practice

- It is an activity designed specifically to improve performance, often with a teacher's help
- It can be repeated a lot
- Feedback on results is continuously available
- It is highly demanding mentally
- It isn't much fun

Steps to design deliberate practice:

1. Identify next steps

2. Practicing directly

- a. Music model (rehearse, B. Franklin's exercise, watch others and replay)
- b. Chess model (case method: eval alt solutions, choose one, eval how it went)
- c. Sports model
 - i. Conditioning (getting stronger in underlying cognitive skills)
 1. Old material (review fundamentals, get faster, overcome decay)
 2. New material
 - ii. Focused simulation (req fast response, dynamic)
 1. Trying to improve a specific aspect of your performance
 2. High repetition
 3. Immediate feedback

3. Practicing in the work

- a. Before
 - i. Set goals that focus on the process, not on the outcome
 - ii. Plan exactly how to reach that goal
 - iii. Strongly believe that the work will pay off
- b. During
 - i. Self-observation (systemt. observe yourself to find practice opportunities)
- c. After
 - i. Judging against relevant standard (neither too high nor too low)
 - ii. Decide what caused the errors (feel responsible for the failures)
 - iii. Respond (adapt the way you act)

4. Deepening your knowledge

- a. Goal is to build a rich mental model, not amass information
- b. Three ways a mental model helps:
 - i. Framework on which you hang your knowledge
 - ii. Helps distinguish relevant info from irrelevant
 - iii. Enables you to project what will happen next