



Learn Like A Genius

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Learn Like A Genius YouTube

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The Art And Science Of Practicing FB Group

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Using Brain Science for Accelerated Skill Development

Building Practice Time and Focus

Habit Pattern Development

- Practicing, and doing work properly, can be developed incrementally into a habit. (Duhig)
- Some research indicates it takes 30 days to build a solid habit, (Coyle, 2009) Some estimate a bit shorter, or up to six weeks, but these can be built through training (initial learning, then repetition).
- We are working on two things here: *amount* of work and *type* of work (as discussed earlier). Both can be trained simultaneously. Both are like muscles and can be developed as one would develop a muscle. Start with a little resistance and increase as strength increases.

1. Amount of work.

- Selective attention (Stevens & Bavelier, 2012) and its orientation.
- Getting started, assessing time quit without guilt. Identify the smallest details and begin building from there.
- Start with short bursts of productive focus (see below). After two weeks it will begin to become a habit. That is to say that the act of getting started (orienting selective attention) and going through the first 10 minutes is like tying your shoes. It may not be pleasant, but it is just something you do automatically without any significant discomfort.
- Increase time accordingly

2. Type of work. Focus; what it is and how to train it

- Start with a little. Choose a task and pay attention to detail, the smaller the better. Follow the Plan-Do-Reflect-Plan model from the Deliberate Practice section for every move or step you take a few minutes at a time
- What many people think is focus and work toward improvement is not. Thus significant improvement is rare. Getting work off of one's desk is much different than getting the work done right which is the essential concept of skill development.
- Attention to every detail, the smaller the better – build up from there.
- **Endeavor to not give answers when possible**, ask questions to let students find the answers. This is harder than just giving information and is a mark of master teaching. If you are new to doing this it will be a bit confusing and mentally uncomfortable. You are going through desirable difficulty (Feel the Blearn!), don't abandon it, embrace it.
- Meta coaching.

- 10x perfect game.
- What if. . .
- Training group focus in rehearsal.