

8-1: Deliberate practice

In this series of video we are going to be talking about how you learn skills faster. It comes down to research done by Dr. Anders Ericsson on the concept called deliberate practice. The way this research developed, was that Dr. Ericsson was trying to study what makes people great at what they do. And what makes someone an excellent violinist or excellent composer. Someone who has received a higher degree of expertise in the field, and then second who causes people to stand on this process, what causes people to get to certain point of skill and they're not improving faster. And the key finding was that there's a lot of practice involved. So the people who are the best, the elite people in any field, you have an intense amount of practice supporting their efforts or it's more than that is that the type of practice matters a lot. And then you practice in the wrong type of condition. You will learn much more slowly or not at all. And so this is very important when we're talking about skill development. So if you wanted to be a better writer, a better programmer, a better musician, then using the right types of practice environment using the right techniques to how to develop your skill can make a huge difference in your overall result. So let's go through a few of these steps so you can look at how you were practicing a skill and how you might be able to change that in order to achieve results faster.