

PRACTICE:
5. TWO SLOW, ONE FAST



THIS IDEA IS
BORROWED FROM
THE WORLD OF
SPORT.

2



A SPORTS "DRILL"
IS A SPECIFIC AND
FOCUSED PRACTICE
SESSION.

2



A SINGLE SKILL IS
FOCUSED ON AND
REPEATED...

2



...WITH ALL THE
CHAOS AND
UNCERTAINTY OF
THE ACTUAL GAME
REMOVED.

2



AFTER PRACTISING
THE SKILL THE
PLAYERS THEN
APPLY THE SKILL IN
A GAME
SITUATION.

2



**AFTER PRACTISING
THE SKILL THE
PLAYERS THEN
APPLY THE SKILL IN
A GAME
SITUATION.**

2

**THE SAME PRINCIPLE
APPLIES TO YOUR
STUDY AS WELL!**

3



**STAGE 1
GO SLOW**

4



STAGE 1

To begin you should try
the equivalent of a drill.
You are taking out the
stress, worry and
complexity...

5



STAGE 1

During this stage you are
paying really close
attention to what you
do.


6



STAGE 1

....you should not be thinking
about the chaos and
uncertainty of doing the
exam.


7



STAGE 1

For example, ½ hr to work through a short exam question, 20 min on a maths problem...

4



STAGE 1

An hour on a couple of science questions, or ½ hr writing a *single killer paragraph* for an essay. Take your time and be mindful.


4



STAGE 2

GO FAST!

5



STAGE 2

Pick an exam question, which uses the same “skill” as stage 1 and test it.

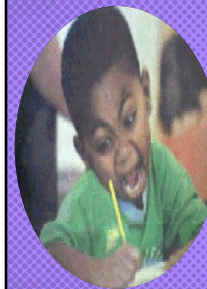
5



STAGE 2

Then you need to apply your learning from Stage 1 in a “game situation”...


5



STAGE 2


..in other words, under exam conditions.

5



STAGE 2
Work out how long you would have in the exam, try and perform at the same level under the time pressure.

BIG IDEA



- * Two Slow, One Fast describes the best sequence for developing a skill.
- * Do it twice slowly and safely, paying attention to exactly what you are doing and why you are doing it.
- * Then do it fast and under pressure and see how you cope.
- * You won't be perfect first time, but you will certainly accelerate the speed at which you get better.

OVER TO YOU NOW...

WITH WHICH OF YOUR SUBJECTS WOULD THIS WORK BEST?

THINK ABOUT YOUR STUDIES AT THE MOMENT AND MAKE A LIST OF THE EXAM TASKS YOU HAVE AHEAD OF YOU...

WHICH OF THESE WOULD WORK WELL WITH THE TWO SLOW, ONE FAST TECHNIQUE?

FINAL THOUGHTS...

- × This activity works by reinforcing neural connections in our brain during the practice stage.
- × It also helps you remain calm during the exam as you feel practised and ready.
- × Try using combining this activity with "Right, Wrong, Right". Together they make a powerful combination.