Deliberate Practice

The science and practices that lead us to get better

Myths

I heard that....

Practice is only for beginners

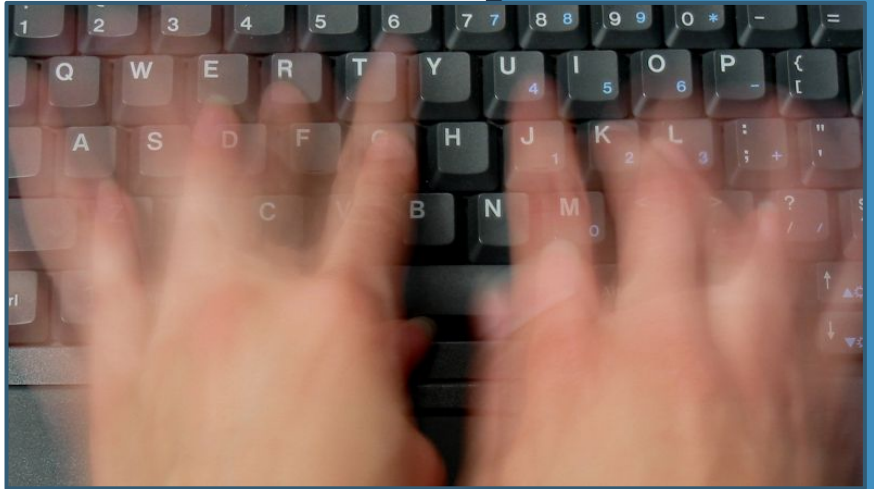Athletes, Doctors, Musicians -
Professionals practice their entire career

You get better by doing

How many word per minute do you type?

Why not faster?

Practice makes perfect

Practice only reinforces repeated actions.

Science

Learning-Performance Distinction

Behaviorism stresses the difference between learning a behavior and the actual performance of the behavior.

Larger permanent growth of knowledge

Diminished output or production

Learning

Output/Production increased, temporary increase in short-term knowledge

Diminished long-term permanent knowledge growth

Performing

Peak: Secrets from the New Science of Expertise
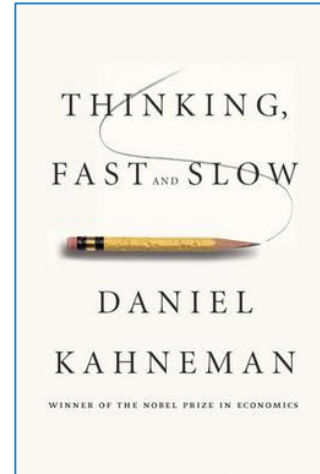
K. Anders Ericsson

Application

Putting practice into practice

Application: *Rules of Deliberate Practice*

01 **Don't go alone**
You need someone that can guide you when needed.

02 **Be uncomfortable**
You need to practice outside of your comfort zone.

03 **Pick one thing**
Practice should have a single simple focus.

04 **Fast feedback**
You need clear and actionable feedback each time you iterate.

05 **Failure is an option**
Work where you can fail and learn.

06 **Want to learn**
Without a want, knowledge is not embodied.

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Application: *Exercises*

01

Code Kata

The answer is the lie!

02

Code Dojos

Refactor, Refactor, Refactor

03

Sparrow Decks

Relax, Repeat, Relax, Repeat...

Application: *Rules of Kata*

One primary focus
01
Write down the focus of the kata and stay with it for the practice.

Anything goes
03
As long as you follow rules 1 & 2, do anything is acceptable.

Simplest solution
02
Think "Quick and Dirty"

Working software wins
04
When you prove your code works, you're done.

Application: *Code Kata*

Fizz Buzz

A simple problem that can be used over and over.

Gilded Rose

Refactoring Practice... lots of it.

Game of Life

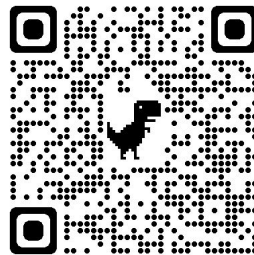Practice design, collaboration and algorithmic strategies.

Application: *Sparrow Decks*

Relaxed repetition visualizing code smells
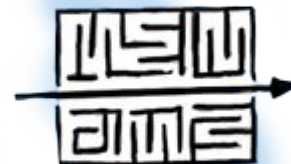
Created by **Llewellyn Falco**
http://llewellynfalco.blogspot.com/p/sparrow-decks.html

Thank You

Resources

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Mastodon:
https://techhub.social/@paigewatson

LinkedIn:
https://www.linkedin.com/in/paige-is-xp/

Resources Link