

## Blow to 10,000-hour rule as study finds practice doesn't always make perfect

With **blatant** disregard for the public benefits of motivational **idioms**, researchers have concluded that practice does not, necessarily, make perfect.

blatant 公然的; 炫耀的

idiom 成语; 习语

A study of violinists found that merely good players practised as much as, if not more than, better players, leaving other factors such as quality of tuition, learning skills and perhaps natural talent to account for the difference.

The work is the latest blow to the 10, 000-hour rule, the idea promoted in Malcolm Gladwell's 2008 book, *Outliers*, which has been taken to mean that enough practice will make an expert of anyone. In the book, Gladwell states that "ten thousand hours is the magic number of greatness".

"The idea has become really **entrenched** in our culture, but it's an oversimplification, " said Brooke Macnamara, a psychologist at Case Western Reserve University in Cleveland, Ohio.

The seed for the 10, 000-hour rule was a 1993 study of violinists and pianists which found that accumulated practice time rose with musical **prowess**.

entrench 确立; 牢固

prowess 超凡技术; 英勇

Macnamara and her colleague Megha Maitra set out to repeat part of the 1993 study to see whether they reached the same conclusions. In all, the number of hours spent practising accounted for about a quarter of the skills difference, according to the study published in Royal Society Open Science.

Macnamara believes practice is less of a driver. "Once you get to the highly skilled groups, practice stops accounting for the difference." she said.

Macnamara said it was important for people to understand the limits of practice. "Practice makes you better than you were yesterday, most of the time, " she said. "But it might not make you better than your neighbour. Or the other kid in your violin class."