



Explore | Expand | Enrich

Skill Acquisition

What is Skill acquisition?

- Skill acquisition - Ongoing process
- Quality and level of our life
- Initial skills are not given – Acquired
- Stages reflect two things:
 - Increasing sophistication relative to the skill
 - “Every artist was first an amateur.” — Ralph Waldo Emerson



Stages to acquire a skill and an awareness to acquisition level :

- Unconscious incompetence –
 - First stage in the model
 - Understanding of what is inadequate
- Conscious incompetence –
 - Enough knowledge about skill
 - How little we knew and how much to improve



Stages to acquire a skill and an awareness to acquisition level :

- Conscious competence –
 - Perform the skill increasingly well
 - Takes lots of concentration and hard work
- Unconscious competence –
 - Performing skill – Second nature



Developing skills:

- Have patience to master a skill.
- Continuous efforts – Explore more

Stages to develop skills:

- Building the Knowledge
- Recording the Knowledge
- Expressing the Knowledge
- Expanding the knowledge
- Practicing the knowledge



CONSISTENT PRACTICE - 10,000 HOUR

- 10,000 hours practice – Achieve proficiency
- 10,000 hours rule - Malcolm Gladwell

Rules for success:

- Have the courage to pursue your Idea
- Try a new approach
- Believe in meaningful work
- Constantly revise your conclusions
- Distinguish yourself from others
- Practice, Explore and be patient
- Understand the rules of business
- Outwork others



20 – Hour Rule:

- 20 – Hour Rule - Josh Kaufman
- 20 hours - 40 minutes a day for a month
- ‘The First 20 Hours’ Book – Four steps
 - Deconstruct the skill
 - Self-correct
 - Remove barriers to learning
 - Practice at least 20 hours



SUMMARY

- Josh disproves - Malcolm Gladwell's 10,000 hours
 - 10,000 rule – Time consuming
- 20 hours deliberate practice - 40 minutes a day for a month.
- Any method to acquire skill – Needs practice
- Researches - 21 days routine makes it a habit

