

How to Become a Master Violinist (Or Master of Anything)

1. The elite got that way through many thousands of hours of diligent practice.
2. High repetition is necessary to gain competency in a skill.
3. You learn the most by pushing yourself to the edge of your ability and paying attention to your mistakes so you can fix them.
4. The learning process is often frustrating and you can't always tell when you're improving until you're put to the test later.
5. A good curriculum "chunks" skills together so they are easier to learn, and the chunks get bigger as the student becomes able to handle the earlier ones.
6. Students should spend a lot of time watching masters practice and perform.
7. Coaches and teachers value hard work and persistence over "natural genius."
8. A good coach establishes an emotional connection with his students so he knows when to be nice and when to push hard.
9. Focus on specific skills by doing drills that isolate for repeated trial-and-error.
10. Those who achieve greatness often started with a humble instructor who fostered a love for the subject.
11. Those who see themselves doing an activity for a long time find more time to practice (and therefore get better) than those who only set short term goals.
12. Kids who feel talent can be gained through hard work have better problem-solving skills and more determination than kids who believe their intelligence or skill is inherited and unchangeable.
13. "Having fun" isn't the primary goal of people who want to get good, though they find what they do pleasurable on some level (or at least necessary) and push through all the difficulties and challenges.

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