

Expertise

is at core

this is possible thanks to long-term memory

① Recognition: Patterns and Memory chunking.

↓ leads to

② Intuition: what is next to come, may come.

highly structured information stored at

10.000 Hs of Practice and ... long-term memory

l+tm is built thanks to:

- ① - Repeated attempts / experiences with feedback
(actual feedback from someone and data / information).
- ② - Valid environment: with actual regularities
(with patterns) ← Use a coach / teacher too.
- ③ - Timely feedback: immediate and delayed feedback.
- ④ - Don't get too comfortable: practice at the edge of your ability, pushing beyond your comfort zone.
(Deliberate practice)

- ☒ Valid Environment
- ☒ Many Repetitions
- ☒ Timely Feedback
- ☒ Deliberate Practice

The 4 things it takes to be an expert

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