

Drum Circle Reflection 1

Raider Academy

Today, you will reflect on your experiences in the drum circle this week and do a little reading on how people develop their interests into expertise. Start by INDIVIDUALLY answering the following questions (you can type your responses on your iPad or write them on paper).

1. Did you enjoy the drum circle activity? Why or why not?
2. How would you describe the ability level of the instructors? (Were they very good at playing the drums?)
3. How would you describe YOUR ability level of playing the drums? Be honest but be fair – you don't need to be too hard on yourself but it's not likely that you think you were as good of a drummer as the instructors!

Now read pages 37 – 40 in the book *Outliers* (start with the sentence at the bottom of page 37 that reads "For almost a generation ..." and end with the sentence on page 40 that says "... it takes the brain this long to assimilate all that it needs to know to achieve true mastery." Again, working INDIVIDUALLY, answer the following questions:

4. Based on your observations of the drum instructors, do you think they have practiced at least 10,000 hours?
5. Suppose you wanted to spend 10,000 hours practicing the drums. If you practice for 1 hour each day, 365 days each year, how many years would it take you to achieve mastery?

Now work in groups of 3-4 to answer the following questions. You can write or type your answers – but EVERY member of your group should document your responses. Mr. Hartz will pick one member of your group to be the "speaker" and each group will share some ideas at the end of class.

6. Most people don't spend 10,000 hours practicing any one thing. Some of you may, and as a result you may develop an amazing skill. However, it's likely that no one in this classroom (including Mr. Bregar and Mr. Hartz) will ever develop that level of mastery. So: how can this information still be helpful to you? In other words, how can knowing that it takes 10,000 hours to develop true mastery help those of us who spend LESS than 10,000 hours practicing a skill?
7. According to this book, there aren't really any people who are so naturally gifted at something that they can become experts with less than 10,000 hours of practice. However, there still may be some people who have unique abilities that give them a "head start". Do you think that "normal" people (i.e., people who aren't naturally talented) can work hard enough to become as good or better than the people who do have natural gifts? Explain your answer.