

What Kind of Practice Do You Do?

Naïve

Just playing through the material, and then maybe playing it through again.

Not focused, no goals set.

Non-specific.

Expecting that repetition alone will create improvement.

Limitations: skill might be maintained, but is unlikely to improve.

Purposeful

Well-defined, specific goals. Putting baby steps together to reach a longer-term goal.

Breaks it down; makes a plan. Focused.

Includes feedback, from either yourself or someone else.

Limitations: Increases skill, but progress might be slow.

Deliberate

Well-defined, specific goals, planning practice time, going out of comfort zone.

Includes mental representations: information in long-term memory that frees up short-term memory (scales, keys, posture, etc).

This method leads most effectively to expertise.