

# Today

- I. Last Time
- II. Why are we studying expert performance?
- III. Purposeful practice, deliberate practice, and homeostasis
- IV. Percolation and Incubation

I. \*Lab: Did B/W card question

\*LSAT Logic games, observations of problem solving

\*Mathematical invention

Style of questions vs. style of process in problem solving.

LSAT questions provided answers, which gave route of attack.

Purposeful practice: planned out, has clear goals, putting yourself out of your comfort. Feedback loop is helpful.

Naive practice: Zombie practice, not as clear on the goal, cognitive laziness—a lack of addressing the challenge at hand.

Examples: Music—playing the easiest part for you, track—staying in your comfort zone, Dance—difficult parts of the choreography,

Deliberate practice: purposeful practice+an expert coach or teacher. Most common in a realm of study that is well developed. Feedback loop from expert hones practice.

Can go far past where you might have thought with deliberate practice.

Steve did track times, example of chunking

$t=1$

$n=2$

$m=3$

$r=4$

1234=tnmr=tony mor...rison

Peg system allows you to train for digit memorization.

Homeostasis: A body's natural process of putting itself into stability or equilibrium. E.g. internal temperature, PH balance, regulating weight. In the mental domain, if you want to get better at something you have to push yourself outside of your comfort zone.

## IV. Percolation and Incubation

Phases: (i) Interruption (ii) Casual data collecting (iii) bringing it all together, *thinking*

Interruption: when interrupted during an incomplete task we remember it much better. Stays with us.

Use this to write essays and on creative endeavors. The second two stages can become blurred.

Use this in studio art: stop before you're behind.

For the photo self experiment: collecting experiences to see photos.

## IV. Percolation and Incubation

Flexibility: You have to do a little at a time. Changing your body happens more gradually.