

The First 20 Hours

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General Ideas

- To become an expert, you must study a topic 10.000 hours.
To get good enough for your goals takes way less.
- Skill Acquisition is NOT equal to Learning

Learning:	Understanding concepts, knowledge, or information
Skill Acquisition:	Applying Knowledge through action

- You don't need to know everything. Just enough to *start doing*.

Skill Acquisition	Learning																																																						
<ul style="list-style-type: none">Practice a skill in contextLearning is nothing without practice <h3>4 Steps to acquire a skill</h3> <table><tr><td>Deconstructing:</td><td>Dividing the skill into smaller subskills.</td></tr><tr><td>Learning:</td><td>Learning each subskill seperately</td></tr><tr><td>Removing:</td><td>Removing all possible barriers that hinder practice</td></tr><tr><td>Practicing:</td><td>Practice for at least 20h</td></tr></table> <h3>3 Stages of Skill Acquisition</h3> <table><tr><td>1. Cognitive:</td><td><ul style="list-style-type: none">Defining what you want to reachResearching the topicDividing the skill in small tasks</td></tr><tr><td>2. Associative:</td><td><ul style="list-style-type: none">Practicing the tasksCollecting feedbackImplementing the feedback</td></tr><tr><td>3. Autonomous:</td><td><ul style="list-style-type: none">Performing the skill without thinking about it</td></tr></table> <h3>10 Principles to Acquire a Skill</h3> <table><tr><td>1. 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