

Practice Makes Perfect



Practice Makes Perfect

You can be an expert (like these guys)



Practice Makes Perfect

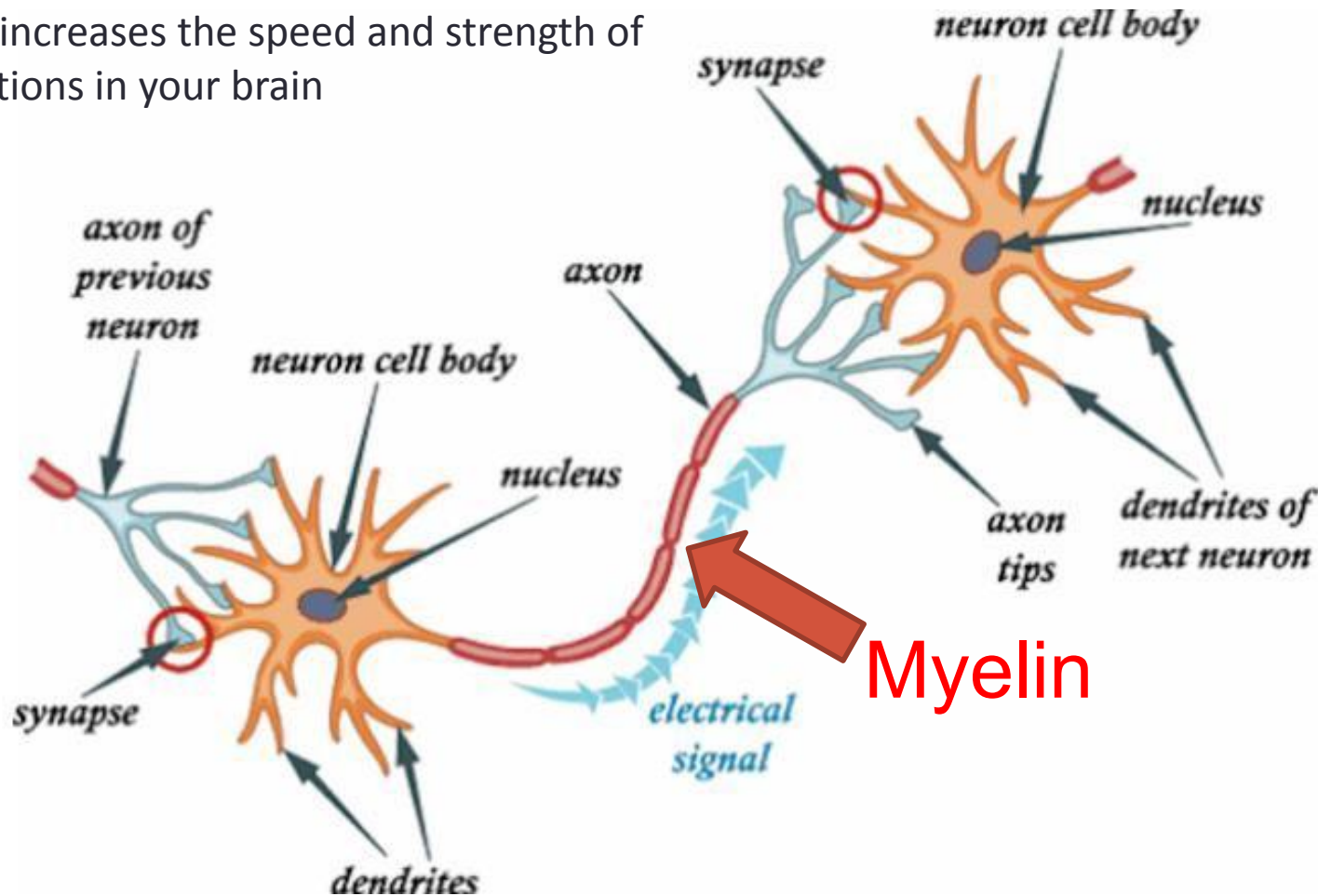
You **don't** need to be Einstein to become an expert.



Myelin Matters

Here are 2 Nerve Cells in the Brain

Myelin increases the speed and strength of connections in your brain



Practice Makes Perfect

- Practice causes myelin to **increase** on the nerve cells.
- The **more** we practice anything
 - The more we improve the **speed** of brain connections
 - The more we improve the **strength** of connections

It's like faster wi-fi for the brain.



Perfect Practice makes Perfect

- If we practice **poorly** and don't correct our mistakes
 - We will make the **wrong connections** in our brains.



Good practice makes the right connections, and we improve.

Perfect Practice makes Perfect

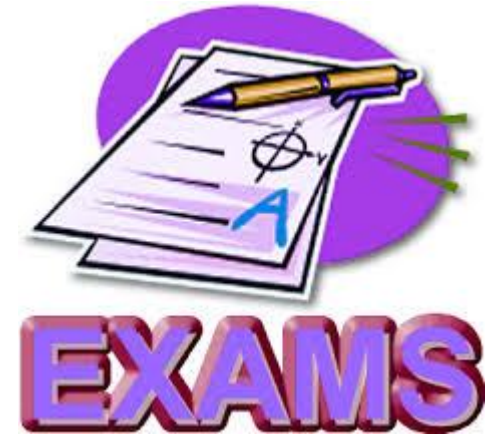
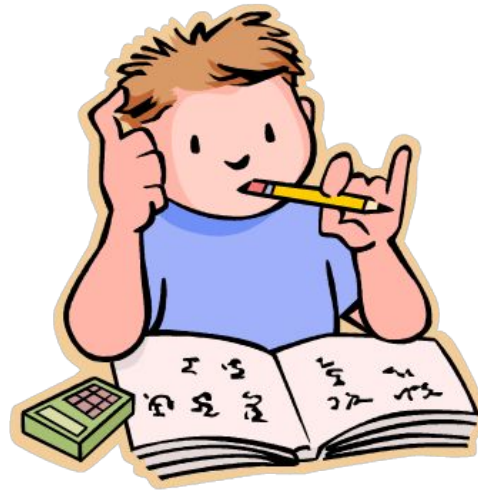
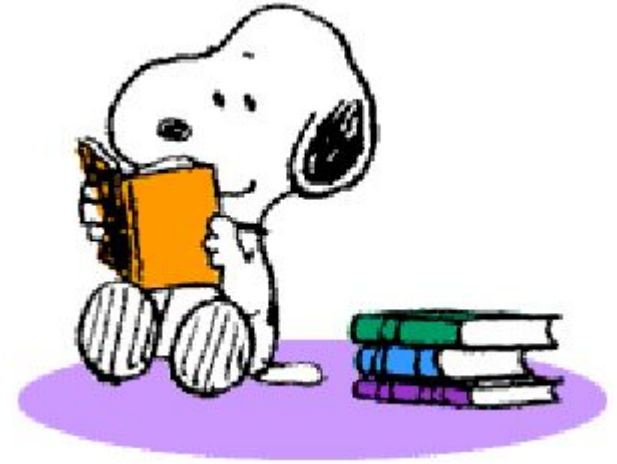
Practice should be:

- Frequent
- Deliberate
- Correct(ed)



Practice makes Perfect

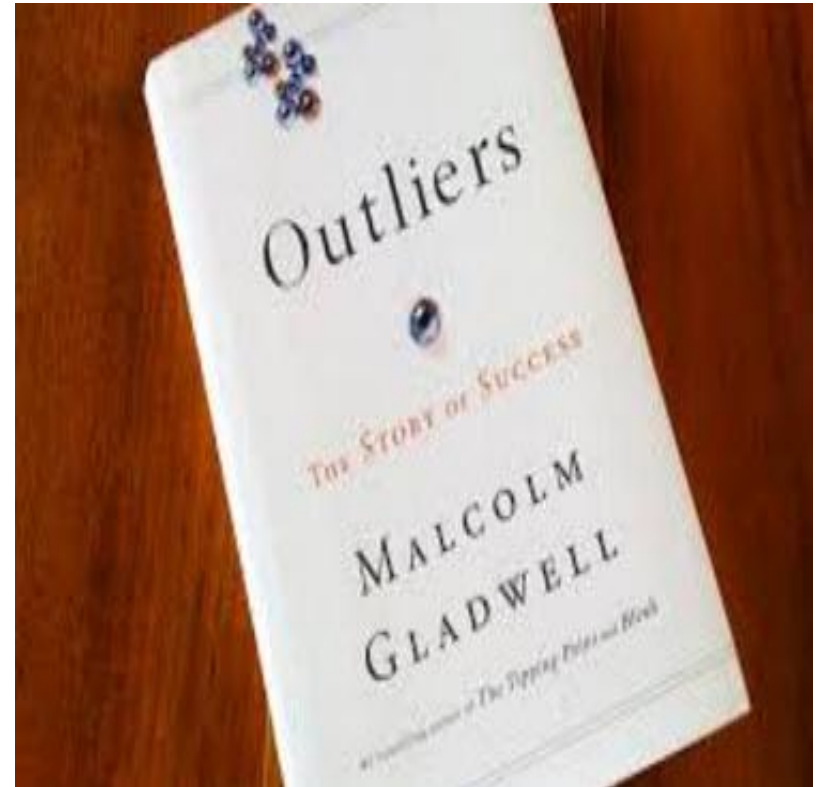
- Reading is practice
- Class work is practice
- Homework is practice
- Revision for exams is practice



How Long Can it Take?

In the book *Outliers*, it says:
You need roughly **10,000 hours** of
practice to achieve **mastery**.

5 hours a day
x 5 days a week
For 52 weeks
= 1300 hours in 1 year



But you can get closer to perfect in less than 10,000 hours.

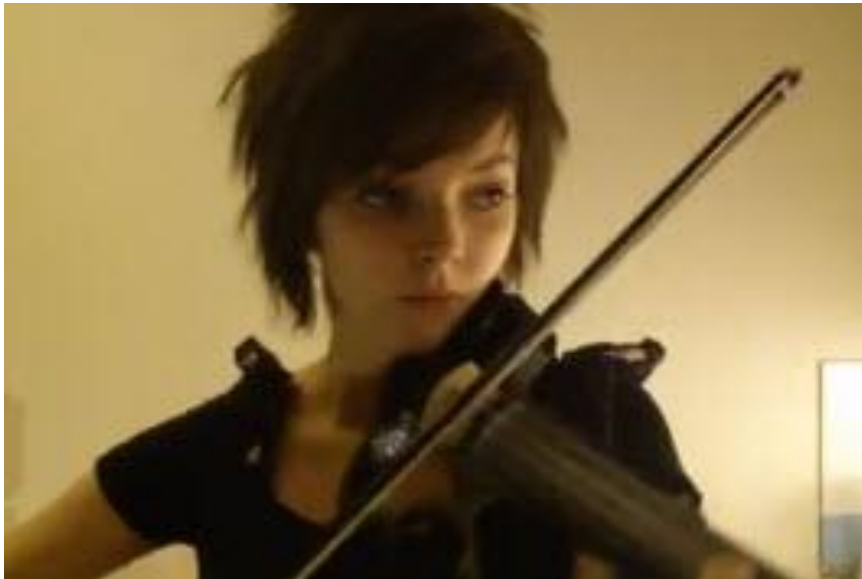
“PRACTICE ISN’T
THE THING YOU
DO ONCE YOU’RE
GOOD. IT’S THE
THING YOU DO
THAT MAKES
YOU GOOD.”



—MALCOLM GLADWELL,
OUTLIERS

It's Hard at the Start but Gets Easier

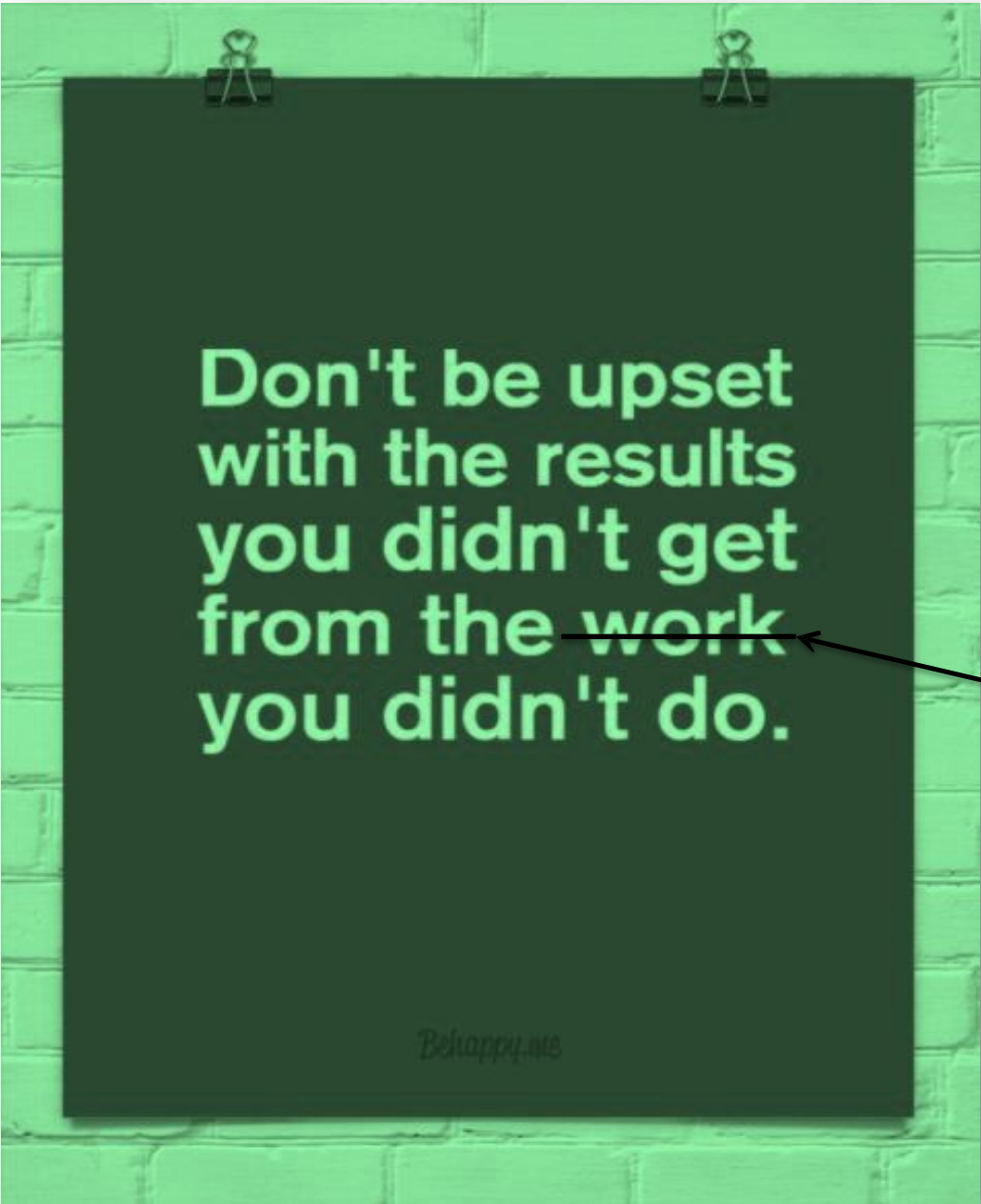
At the beginning, it can seem impossible, but



I Don't Have the Tools to Succeed!

Surely you need fingers to play the piano! Don't you?



A black poster is pinned to a light-colored brick wall with two silver binder clips at the top. The poster features the text "Don't be upset with the results you didn't get from the work you didn't do." in a white, sans-serif font. At the bottom of the poster, the website "Behappy.me" is written in a smaller, cursive font. An arrow points from the word "Practice" to the word "work" in the text on the poster.

Don't be upset
with the results
you didn't get
from the work
you didn't do.

Behappy.me

Practice

Practice Makes Perfect

Even teachers need to practice to become good



Tips for Older Students

Learning Scientists say “Spaced Practice” is Best



Tips for Older Students

Don't Procrastinate



Want More Like This? Try

Values Assemblies from [AssemblyTube](#)

| | | | |
|---------------|----------------|---------------------|----------------|
| Appreciation | Bullying | Caring | Community |
| Compassion | Consideration | Contribute | Cooperation |
| Courage | Creativity | Democracy | Equality |
| Faiths | Freedom | Friends | Happiness |
| Honesty | Hope | Initiative | Kindness |
| Learning | Love | Motivation | Patience |
| Peace | Perseverance | Public Institutions | Remembrance |
| Respect | Responsibility | Right and Wrong | Self Knowledge |
| Teamwork | Thoughtfulness | Tolerance | Trust |
| Understanding | | | |

Values Assemblies from AssemblyTube

Values Assemblies Diaries – The Teacher Page



Watch the Video



Watch the Video