

THE EXTRA POINT

BY JERRY ROBERTS



56 What If I Don't Have 10,000 Hours?

They say it takes 10,000 hours of deliberate practice to become a world class expert in a specific pursuit. But what if you don't have 10,000 hours? I'm Jerry Roberts and let's talk about what you can accomplish with a much lower investment of time, next on The Extra Point.

The concept of spending 10,000 hours in deliberate practice to become a world class expert originated with Anders Ericsson, a professor of psychology at Florida State University.

Ericsson's work is the basis for the "10,000-hour rule" featured in Malcolm Gladwell's book, "Outliers."

In the past when I've run this concept by people, a lot of them have shook their head and said, "Okay, 10,000 hours, Well, let's break that down. If I practice two hours a day, say six days a week; that's 12 hours a week, divided into the 10,000 and it's only 833 weeks...or, 16 years. Sixteen years. Yeah Jer, I'll get on that right away."

Okay, I get it. Maybe you're saying, "Uhh... what can I get for 1,000 hours, same study habits, two hours a day, six days a week." All right, let's find out.

I took math up until the third grade or something and I know that 1,000 is 10 percent of 10,000, so 10% of 833 weeks is 83.3 weeks, rounded off to 83, and that's about 19 months, a touch more than a year-and-a-half from now if you start today.

How much could you learn, how good could you be?

If you enrolled in a college to learn the same subject you'll get 20 weeks times three hours per week, or 60 hours of instruction. I'm not out

and out comparing the value of a college course versus self-study, but in hours alone, 1,000 hours is more than 16 three-unit college courses.

In my readings and personal experience, I think I can give you a semi-educated guess... seeing as though I'm only semi-educated. Here we go.

If you read a highly regarded book on your preferred subject, you're probably ahead of 80% of the rest of the world. If you read several books and get a little hands-on experience where you apply what you've learned, you're likely at the 95% level, including being equal to or surpassing many people who actually work in that field.

If you spend 83 weeks, 1,000 hours in full bore study of your field, I'd be comfortable saying that you might be able to hold your own with the majority of practitioners.

We're not talking about doing brain surgery after 83 weeks, or building a nuclear reactor, or becoming a starting pitcher for the Dodgers. Some things may require more time, and certain talents and skills that go beyond our conversation today. In most cases, however, what I've said will work for you.

Here's the key: think what you want to do, make a decision, and get started. Call me in 83 weeks and let me know how it turned out.

That's The Extra Point. Get out there and make something good happen today. For 93.3, I'm Jerry Roberts.

###

For information on training and consulting services from Jerry Roberts, please click this link: guamtraining.com

THE POINT
93.3 FM / 1350 AM / 104.3 FM HD-3

GUAM TRAINING