Mrs. Pariser / Freshman Foundations

GHS College Prep Magnet

**The 10,000-Hour Rule & You**

**Directions:**

1. Choose two activities you enjoy or spend a lot of time doing and fill in the two boxes below where it says “activity.”
2. Determine the approximate number of years you have been involved in each activity.
3. Determine the approximate / average number of days per week that you practice (consider weekends and holidays)
4. Determine the number of weeks per year that you practice (consider vacations, rest, and summer)
5. Determine the average number of hours per day you practice (be as realistic as possible)

**Calculating Your Practice Hours:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Activity | Average hours per day you practice | Average days per week you practice | Number of weeks per year (out of 52) | Approx. # of years involved | TOTAL hours of practice |
| EX: Being a student |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

\*\*(*Hrs. per day*) **x** (*Days per week*) **x** *(# of weeks*) **x** (*Years involved*) = **TOTAL HRS. OF PRACTICE**

**Determining Your Level of Expertise**:

1. Currently, do you believe that you are an expert in your field/activity? Why or why not?
2. If not, how many more years of practice (staying on your current pace) would it take you to become an expert in your field/activity according to the 10,000-hour rule?

|  |
| --- |
| \_\_\_\_\_\_\_\_\_\_\_\_\_ yrs. |

*10,000 hours* **—** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **/** 365 days =

*(Current total # of hours)*

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**STEP 1: Applying the “10,000 Hour” Theory**

*PRACTICE LOG*

1. Choose an activity—either one that you already do that you’d like to get better and become an expert at, or something new that you’ve never tried before— and commit to increasing your practice time for the next week.
2. Each day, practice your activity for the amount of practice time that you decide on (this should be at least 20 minutes more than you normally do, as this will be your only F.F. homework!). After you finish practicing, make sure to log the number of hours you spent using the log below.

ACTIVITY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| ***DAY:*** | ***PRACTICE TIME:*** | ***NOTES/OBSERVATIONS:*** |
| Tuesday |  |  |
| Wednesday |  | *How did you deliberately change your practice to make it more efficient?* |
| Thursday |  | *How did you deliberately change your practice to make it more efficient?* |
| Friday |  |  |
| Saturday  |  |  |
| Sunday (*optional*) |  |  |

|  |  |
| --- | --- |
| ***TOTAL NUMBER OF HOURS PRACTICED THIS WEEK:*** |  |

**STEP 2: Evaluating the “10,000 Hour Rule” Theory**

*WRITING ASSIGNMENT #2*

1. After you have increased your practice time for 5 consecutive days this week (this will be Tuesday through Saturday), you are to complete Writing Assignment #2 addressing the following:

***Based on your experience with increased practice this week, do you agree with Malcolm Gladwell 10,000 Hour Rule? Why or why not***?

Your response should be written in a clearly organized paragraph of 200-250 words that is written in **C.C.E.I. format**. Please use the following as a guide:

* Your paragraph should begin with a **claim** that takes a stand on whether or not you agree with the argument proposed by Malcolm Gladwell and *why*. (For example: *Gladwell is right to say that it takes 10,000 hours of practice to become an expert at something because…*)
* Before you bring in a particular piece of evidence from the text, you’ll need to provide **context** to introduce that evidence. This should include any key background information that a reader would need to know in order for the quote you’re about to bring in to make sense.
* Your paragraph should draw on **at least** **one specific piece of evidence** (a quote from the readings and/or a SPECIFIC example from your own experience with practice) to support your claim.
* The longest, juiciest, and perhaps most important part of your paragraph will be your **interpretation**, in which you explain and analyze how the quote supports your overall claim about the 10,000 hour theory.

If you’re feeling stuck as you formulate your position on the 10,000 Hour Rule, you might use the following questions to brainstorm (you do not need to turn in any answers to these; they are just here to help spark your thinking):

* What do you think about the case studies that Gladwell cites as evidence for his theory (about The Beatles and Bill Gates)? You may use these as evidence or a counter-argument for your own opinion.
* During your experience with increased practice this week, what did you observe about your abilities? Do you feel that you improved in this activity/field? What is it that led you to improve?
* In your opinion and experience, does anything else influence success and becoming an expert besides increased hours of practice?

This Writing Assignment #2 will be due on [www.turnitin.com](http://www.turnitin.com) by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.