

Orlando Sentinel

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Why 'practice makes perfect' can fall short

Experts say repetition without best techniques or solid feedback is bad

By Stephanie Vozza
Fast Company

How do you get to Carnegie Hall? According to the old joke, "practice, practice, practice." While it may sound like good advice, it's not the best or fastest path because practice can only get you so far, says Scott Young, author of "Get Better at Anything: 12 Maxims for Mastery."

In his book, Young uses the example of increasing proficiency at Tetris, the block puzzle invented by Russian computer scientist Alexey Pajitnov in the 1980s. "People were spending 80-hour-week sessions on the game and playing on level 29 (the highest) was thought impossible," he says. "Now you have 12- and 13-year-old kids doing something that could not be done 20 to 30 years ago."

What's changed is communication and information-sharing among players, made effortless by the internet and livestream videos. "It says a lot about how learning works in general and learning in different contexts," Young says. "You could do a lot of practice, but if you weren't using the best techniques that were known at the time — like other people's known techniques — you might not



DREAMSTIME

improve."

The correct way

Practice is not a panacea, Young says, explaining, "It's not something that monotonically makes you better at things. It tends to make you more automatic and more fluent at things, and that has its strengths and its weaknesses."

For example, fluency is critical when it comes to reading. You will be a successful reader only if you can recognize the letters and their sounds effortlessly and put those sounds into combinations.

"We have to practice and train for many skills," Young says. "But lots of practice

doesn't automatically mean that you're learning the best method."

A good example is typing on a keyboard. Many of us learn to type the "proper" way with our fingers on the keyboard's home row. Others still type using a hunt-and-peck approach. You can spend a lot of time hunting and pecking, and you might get faster and more fluent typing this way. However, you will plateau at a lower level of speed than if you learn the home-row typing method.

"Practice makes permanent" is the rebuttal to "practice makes perfect," Young says, noting, "You really want to at least do

the correct technique from the beginning. That's why piano teachers and tennis coaches prefer to train someone who's had no experience rather than someone who's had a lot of experience. Fluency can make us confident, but it doesn't necessarily make us very skilled."

Proficiency needs feedback

In his book "Outliers: The Story of Success," Malcolm Gladwell popularized the 10,000-hour rule. It states that to become really good at something, you need to spend 10,000 hours, or about 10 years, doing

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Put limit on Social Security clawbacks



Terry Savage
The Savage Truth

When the Social Security Administration discovers that it has been overpaying benefit recipients based on its own mistakes in calculating the benefits, it is clawing back money from elderly and disabled people who innocently received the monthly checks.

It's not fraud, just ineptitude

These miscalculation cases are all about errors, not fraud. And Social Security clawbacks now total \$21.6 billion from more than 2 million benefit recipients. The mistakes were made by the agency in its own processes. Recipients relied on Social Security's benefit calculations.

For many years, the agency failed to offset some non-covered public pensions, despite the W-2 forms given to the IRS, thus "overpaying" millions of teachers and other public servants because they didn't calculate the Windfall Elimination Provision. They also failed to track the reported work income of people receiving Social Security Disability Insurance payments. If a recipient earned only slightly more than the limit in any

month, benefits could be denied.

Now, in one fell swoop the agency demands clawbacks of \$75,000 or more, of money paid out going back 20 years or longer. That is money long ago spent by the recipients who had nothing to do with the calculations, and counted on the SSA to determine the amounts of their benefits.

Despite the promises of the new Social Security Commissioner Martin O'Malley in his recent public testimony to Congress, there appears to be no effort to limit Social Security's clawback reach. Even worse, the commissioner's well-publicized clawback "limitation" of 10% of the monthly benefit check does not apply to those who are deemed ineligible for any disability benefits because their small earnings may have exceeded monthly limits. They are just cut off completely, before any chance to appeal.

Consider these two horror stories reported to me by my readers in the past month.

Christine is a 42-year-old deaf and disabled person, who works part time scrubbing floors in a hospital. She just received a clawback letter for \$55,048 — dating back to December 2006. Even worse, her disability benefit — and her Medicare insurance payment — were stopped immedi-

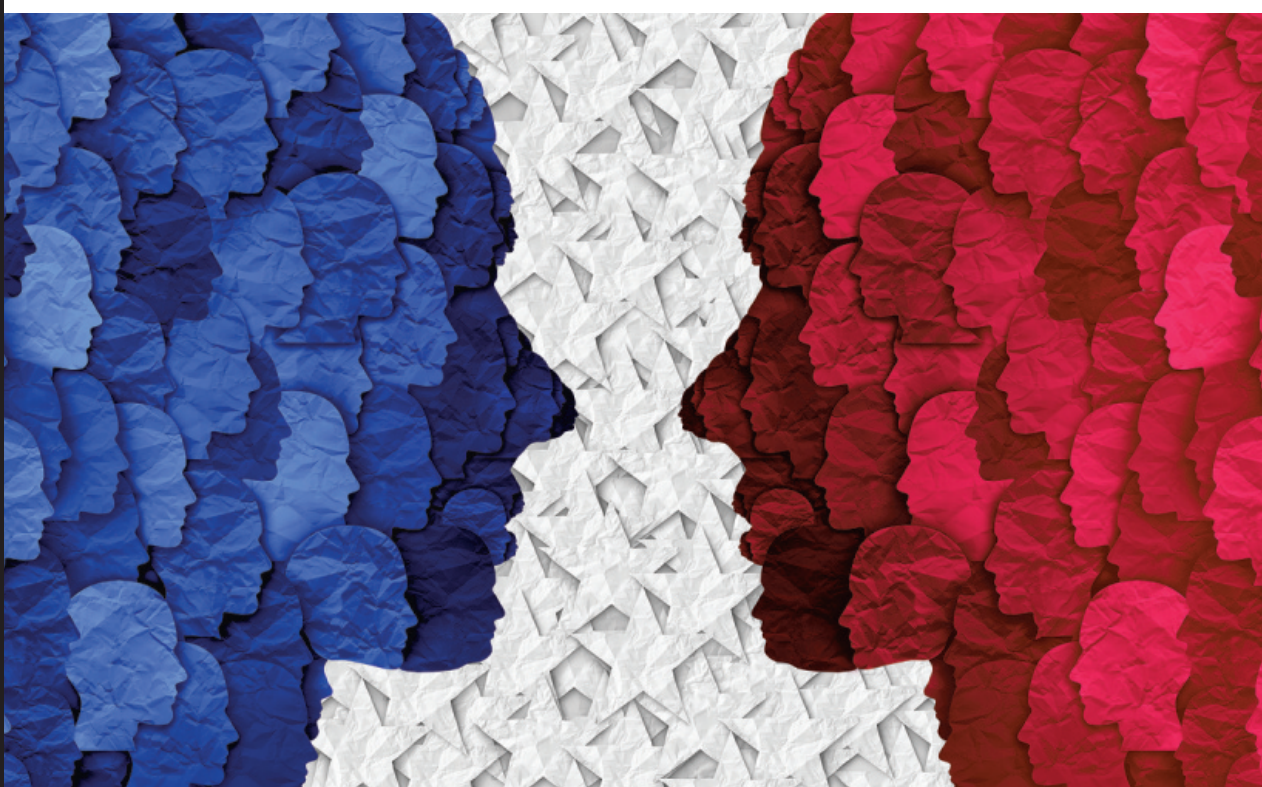
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He's Got Opinions

Scott Maxwell has penned a column since 2002. He writes about Central Florida politics and whatever else catches his fancy. Whether you agree with him or not, his stories will give you a deeper understanding of what goes on behind closed doors in our community. Look for Scott on Wednesdays, Thursdays and Sundays in print and online at OrlandoSentinel.com. <<

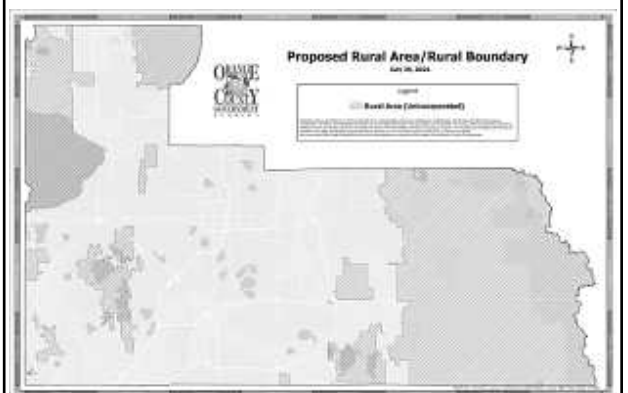


NOTICE OF PUBLIC HEARING

On Tuesday, July 30, 2024, beginning at 2:00 P.M., or as soon thereafter as the matter may be heard, the Orange County Board of County Commissioners (BCC) shall conduct a public hearing in the Orange County Administration Center at 201 S. Rosalind Ave., 1st Floor, in downtown Orlando, FL, to consider the following proposed ordinance:

AN ORDINANCE OF THE BOARD OF COUNTY COMMISSIONERS OF ORANGE COUNTY, FLORIDA SUBMITTING TO REFERENDUM A PROPOSED AMENDMENT TO THE CHARTER OF ORANGE COUNTY, FLORIDA; PROVIDING FOR THE ESTABLISHMENT OF A RURAL BOUNDARY AND RURAL AREA; PROVIDING FOR VOTING REQUIREMENTS; CALLING A REFERENDUM ON THE PROPOSED CHARTER AMENDMENT; PROVIDING THE BALLOT TITLE AND BALLOT SUMMARY FOR THE REFERENDUM; CONDITIONING THE EFFECTIVENESS OF THE CHARTER AMENDMENT ON VOTER APPROVAL AT THE REFERENDUM; PROVIDING FOR OTHER RELATED MATTERS; PROVIDING FOR SEVERABILITY; AND PROVIDING FOR EFFECTIVE DATES.

Rural Boundary and Rural Area



Any interested party may appear at the public hearing and be heard regarding the consideration of the above described ordinance and submit written comments to the address below prior to the public hearing.

The public hearing may be continued on the date of the public hearing to a future date. Any interested party is hereby advised that the date, time, and place of any continuation of the public hearing shall be announced during the public hearing and that no further notice regarding this matter will be published.

To obtain more detailed information, or to inspect the proposed ordinance, any interested party may appear between 8:00 A.M. and 5:00 P.M., Monday through Friday, at the Orange County Planning Division, 201 S. Rosalind Ave., 2nd Floor, Orlando, FL, 32801, or telephone during those same hours at 407-836-5600, or send an email to planning@ocfl.net.

In accordance with the Americans with Disabilities Act (ADA), if any person with a disability as defined by the ADA needs special accommodation to participate in this proceeding, then not later than two (2) business days prior to the proceeding, that person should contact the Orange County Communications Division, 3rd Floor, Orange County Administration Center, 201 S. Rosalind Ave., Orlando, FL, or telephone that department at (407) 836-6568.

PARA MAS INFORMACION, REFERENTE A ESTAS AUDIENCIAS PUBLICA, FAVOR COMUNICARSE CON LA DIVISION DE PLANIFICACION URBANA AL NUMERO, 407-836-3111.

POU PLUS ENFOMASYON AN KREYÒL, SOUPLE RELE (407) 836-3111.

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Certify: Ordinance Regarding Rural Area/Boundary