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excellence and the highest levels of performance in the arts and sciences sports and games have always been an object of fascination to both scientists and lay people only during the last 20 years have scientists studied these levels of performance in the laboratory in order to identify their mediating mechanisms contrary to the common belief that innate talents are the critical factors for exceptional performance

investigators have found that acquired skills knowledge and physiological adaptations in response to intense practice are the primary mechanisms mediating the highest levels of performance this is the first and only book to examine how elite performers effect their exceptional accomplishments the world s leading researchers on expert performance and creative achievement review theories and recent findings from many different domains of expertise on how experts optimize improvement in their performance and eventually attain excellence elite performers are shown to have engaged in deliberate practice activities specifically designed to improve their performance from an early age by age 20 they have often accumulated over 10 000 hours of practice the essential elements of deliberate practice such as specific goals to improve performance successive refinement through repetition feedback and instruction are explicated for different domains although the content of practice tasks will necessarily differ from domain to domain investigators have found invariant characteristics for the optimal duration of practice sessions maximal amounts of daily practice the length of intense preparation around 10 years and ages of peak performance some of the book s chapters extend the review to the acquisition of everyday life skills such as reading to the performance of teams of experts and to the development of creative achievement geniuses and artistic child prodigies the book concludes with commentaries by several outstanding scientists in psychology education and history of science who discuss the generalizability of presented ideas and raise issues for future issues extra copy it could be said that striving for excellence is what characterizes humanity or perhaps what characterizes humanity at its best why do so few individuals ever reach the highest levels when so many start out on the road to excellence in this book the world s foremost researchers of expert performance in domains as diverse as sports medicine chess and the arts explore the similarities and differences in the extended and strenuous road to excellence taken by the successful individuals in each domain their findings will intrigue and inspire readers who are themselves driven to achieve or who simply want to better understand the processes involved

since the 1970s the cognitive sciences have offered multidisciplinary ways of understanding the mind and cognition the mit encyclopedia of the cognitive sciences mitecs is a landmark comprehensive reference work that represents the methodological and theoretical diversity of this changing field at the core of the encyclopedia are 471 concise entries from acquisition and adaptationism to wundt and x bar theory each

article written by a leading researcher in the field provides an accessible introduction to an important concept in the cognitive sciences as well as references or further readings six extended essays which collectively serve as a roadmap to the articles provide overviews of each of six major areas of cognitive science philosophy psychology neurosciences computational intelligence linguistics and language and culture cognition and evolution for both students and researchers mitecs will be an indispensable guide to the current state of the cognitive sciences

what are the origins of greatness the complexity of greatness brings together a variety of perspectives across various domains including science mathematics expert memory acting visual arts music and sports it demonstrates that the truth about greatness is far more nuanced and complex than any one viewpoint or paradigm can reveal

this volume is the fruit of the 5th conference on naturalistic decision making which focused on the importance of studying people who have some degree of expertise in the domain in which they make decisions the substantive concerns pertain to how individuals and groups make decisions in professional and organizational settings and to develop suit

translation and cognition assesses the state of the art in cognitive translation and interpreting studies by examining three important trends methodological innovation the evolution of research design and the continuing integration of translation process research results with the core findings of the cognitive sciences several of the volume's essays focus on fruitful new process research methods such as eye tracking and keystroke logging that have arisen to supplement the use of think aloud protocols another set of contributions investigates how some central theories concepts and methods from our sister disciplines of psycholinguistics cognitive psychology and neuroscience can inform our understanding of translation processes and their development in novices and experts yet another set of essays argues that methodological innovation and integration with the cognitive sciences can lead to more robust research designs and theoretical frameworks to explain the intricacies of cognitive processing during translation and interpreting thus this timely volume actively demonstrates that a new theoretical and methodological consensus in cognitive translation studies is emerging promising to greatly improve the quality verifiability and generalizability of translation process research

the view of memory use as skilled performance embraces the interactive nature of memory and higher order cognition in considering the contexts in which memory is used this book helps to answer such questions as if asked where i live how do i decide on a street address or city name what influences my selection in a criminal lineup besides actual memory of the perpetrator why do expert golfers better remember courses they ve played than amateur golfers chapters in this volume discuss strategies people use in responding to memory queries whether and how to access memory and how to translate retrieved products into responses coverage includes memory for ongoing events and memory for prospective events how we remember to do future intended actions individual differences in memory skill is explored across people and situations with special consideration given to the elderly population and how strategies at encoding and retrieval can offset what would otherwise be declining memory an integrative view of memory metamemory judgment and decision making and individual differences relevant to both applied concerns and basic research articles written by expert contributors

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this handbook is an essential comprehensive resource for students and academics interested in topics in cognitive psychology including perceptual issues attention memory knowledge representation language emotional influences judgment problem solving and the study of individual differences in cognition

this text s success has come in large part from its up to date coverage of important research and theories and offers the latest and most comprehensive overview of cognition on the market today recent developments in perception imagery problem solving and creativity are highlighted along with advances in such areas as memory and language and expanded theoretical approaches up to date carefully revised coverage of topics clear engaging writing with numerous examples students do not need to struggle to understand overly complex descriptions extensive useful pedagogical devices application of cognitive psychology to other disciplines many applications relate to careers that students may intend to pursue such as education communication business consumer psychology clinical psychology social psychology medicine and law margaret matlin has a strong reputation for her research in cognitive psychology

cognitive psychology is the basis of many applications in almost every area of technology business industry and education this book provides workers in applied arenas with presentations of research aimed directly at the problems and issues that confront them it will cover key areas including business and industry computers and technology education and information and health and law

insightful and entertaining takes us a step deeper into the world of sports showing us how much we can learn about our own behavior dan ariely new york times bestselling author why have all the sprinters who have run the 100 meters in under ten seconds been black what s one thing mozart venus williams and michelangelo have in common is it good to praise a child s intelligence why are baseball players so superstitious few things in life are more satisfying than beating a rival we love to win and hate to lose whether it s on the playing field or at the ballot box in the office or in the classroom in this bold new look at human behavior award winning journalist and olympian matthew syed explores the truth about our competitive nature why we win why we don t and how we really play the game of life bounce reveals how competition the most vivid primal and dramatic of human pursuits provides vital insight into many of the most controversial issues of our time from biology and economics to psychology and culture to genetics and race to sports and politics backed by cutting edge scientific research and case studies syed shatters long held myths about meritocracy talent performance and the mind he explains why some people thrive under pressure and others choke and weighs the value of innate ability against that of practice hard work and will from sex to math from the motivation of children to the culture of big business bounce shows how competition provides a master key with which to unlock the mysteries of the world readers who gobbled up freakonomics and predictably irrational will flock to this one publishers weekly

with unprecedented scope and vision dr dai systematically redefines giftedness and proposes a new framework for the field of gifted education he identifies nine essential tensions revolving around three core questions what do we know about the respective roles of natural ability environment and experiences and personal effort in talent development how do we identify the gifted and talented and study the process of gifted and talent development and finally how do we define the aims of gifted education and promote excellence sure to be a milestone in the field this book scrutinizes some of the

deeply held assumptions about the nature of giftedness and explains why a contextual developmental approach is a more viable alternative to the traditional psychometric approach takes stock of the past defines the present and looks into the future in terms of understanding high potential and educating youths tackles tensions between the gifted child and talent development movements and between excellence and equity and responds to the elitism criticisms in a constructive and comprehensive way

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