

When I was student I thought I needed to practice 8 hours a day to get some satisfactory result. This was a mistake. Here I will show more productive techniques.

Known exactly what, when, where and why

I will do a analogy with the resolutions for new year. Every end of the year we promise ourselves that we will lose weight, go to the gym or spend less time on social media. As soon as the new year arrives, it is common to give up on our promises even before we have started. Do you know why this happens? Because when you make a resolution you need to know when, where and why.

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| Resolution: | I will learn guitar |
| But what exactly? | Just basic chords on first position |
| When? | On 13th of January at 15:00 |
| Where? | In a quiet place. For example: my room |
| Why? | I want to learn something what makes me happy |

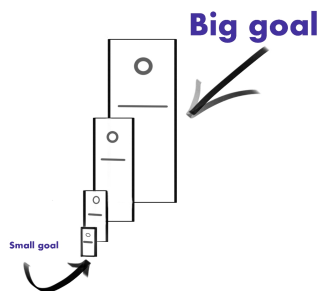
Pomodoro technique

Use a timer to manage your time. After 30 min our attention and concentration decreases. That is why is better To practice 25-30 min for each activity and then make 5 min pause.

Example: 25- 30 min chords
5 min Pause
25-30 min scales on C major

Domino effect

A small domino can topple a building. What does this have to do with playing an instrument? Everything. The same way a small domino can topple a building, to achieve a big goal you need to start with a small one. When you plan something try first with something you can accomplish in 30 min. For example, instead of learning all scales in all positions you can start with 2 scales in one position and you can practice 15 min each scale.



Ebbinghaus forgetting curve

Hermann Ebbinghaus was a german psychologist that did a lot of experiments on himself to figure out how fast he forgot the things. Look the grafic below. After 1 day, if you don't make a review, you will forget almost 90% of what you had learned. How to avoid this? Spaced repetition is a good solution. If you learn something new today in the morning, make a small review before you go to sleep. And then another repetition one day after in the morning. Make 1 or 2 days pause and then repeat again.

