CURRENT WORLD MEMORY RECORDS

speed cards
21.19 Seconds
Simon Reinhard

Names and Faces
18.1 points
Simon Reinhard

Spoken Numbers
364 Digits
Johannes Mallow

Binary Numbers
4,140 digits
Ben Pridmore

Random Words
300 Words
Simon Reinhard

Hour Numbers
2,660 Digits
Wang Feng

Hour Cards
28 Decks, 1456 Cards
Ben Pridmore

Historical/Future Dates
132 Dates
Johannes Mallow

Abstract Images
492 Images
Johannes Mallow

Speed Numbers
500 Digits
Wang Feng

Johannes Mallow

() World Memory ports Comp 2013
Changing your brain!

London Taxi Drivers
Brains that change with learning!
Street Map of London

London’s “Tube” Network
Toes

Genitals

Somatotopic Map of the Brain
What about Talent?
Do you need talent to get across?
Born to Write?

What's Your Talent?

Were you Born to Write?

Talent Scout

WANTED

Tell me People...
Where does Talent come from?
How to acquire talent

• Purposeful Practice
  - Rehearsal is not the same as purposeful practice
  - Focus on improvement - working in “Goldilocks zone”
  - 10,000 hour rule*
    - In virtually every field of endeavour it takes out 10,000 hours of deliberate practice to achieve expert performance.
    - Only do approx. 3 hours a day
  - Often not enjoyable
You don’t need talent to cross the Greatness Gap
You acquire it as you go!
Talent is not the cause of something, but the result.

It doesn’t create a process but is the end result of that process.

Anders Ericsson

A new Conception of Talent

If you want your children to be talented...

You have to teach them how to be talented!

James Anderson

Teaching Talent
The Process of Success

Why is success still so illusive for many people?

- Purposeful Practice
- Growth Mindsets
- 7 Habits of Highly Effective People
- All of these are attempts to describe the process of becoming successful
- Why is excellence / success / achievement still so elusive for so many?
Knowing the direction of success is not enough. You also need to know how to make the journey effectively.
Habits of Mind - Being Effective

Dispositions that are skilfully and mindfully employed by characteristically successful people when confronted by problems, the solution to which are not immediately apparent.

Art Costa
Bena Kallick
Art Costa describes the derivation of the Habits of Mind
Successful people have a growth mindset – they believe they can improve
To improve we engage in deliberate practice
(about 10 000 hours to reach the peak of your field)

Deliberate Practice occurs in the “Goldilocks Zone”
(not too hard, not too easy)
To meet these challenges, and therefore grow, you must skilfully and mindfully engage your Habits of Mind

Suggested Reading