Quarter 1 Extra Credit

<http://freakonomics.com/podcast/peak/>

“How to Become Great at Just About Anything” Freakonomics

Steps

1. Listen to and take notes on the above podcast. It will take a little less than an hour. The link also has a written transcript to help you follow along, but they’re not identical.
2. Write a **Summary** of and **Analysis** of the concepts that Dr. Ericsson explains on the podcasts. Look up the words summary and analysis to make sure that you’re doing it properly.
3. Describe an activity you participate in. Do your coaches/instructors seem to use the principles of “Deliberate Practice”? If so, give an example. If not, what is something they/you could do differently?
4. Discuss your results with Mr. Evenhouse during lunch or advisory.

**Maximum Possible Result:** 8 summative points or 24 formative points.