Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**HERE’S WHAT YOU MISSED!** Absent on November 4th or 5th

* **Topic:** The Dan Plan/10000
* **In Class we did:** Talked about the benefits of practice and your ability to become exceedingly good and whatever you decide to do.
* **Your Task:** Visiting and reading from the website (or paper copy of the article), and completing the assigned worksheet. Websites are found on the worksheet. For the worksheet, the section, titled “The Dan Plan,” requires you to read the website listed, watch the video (if you are doing this using the website) on the page and answer all the questions under that heading on the worksheet. Follow instructions carefully.
* **Time to complete:** 30 minutes
* **Materials Needed – i**nternet or paper copy of the article, paper, writing utensil

10,000 Hours

**The Dan Plan-**<http://thedanplan.com/theplan.php>

1. Explain the Dan Plan in two sentences. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Tell me 4 things you have learned about Dan.

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Where did Dan get the idea for his plan (answer in complete sentences)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. How do you think “deliberate practice” is different than simple practice (1 complete sentence)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Do you think Dan will be successful? Explain why or why not (answer in complete sentences). \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The Dan Plan

It’s a project in transformation. An experiment in potential and possibilities. Through 10,000 hours of [“deliberate practice,”](http://projects.ict.usc.edu/itw/gel/EricssonDeliberatePracticePR93.pdf) Dan, who currently has minimal golf experience, plans on becoming a professional golfer. But the plan isn’t really about golf: through this process, Dan hopes to prove to himself and others that it’s never too late to start a new pursuit in life.

**WHO IS DAN?**

Dan is an average man by most standards. When The Dan Plan began, he was a 30-year-old commercial photographer with no previous experience as a competitive athlete, nor was he in particularly good physical condition. Dan is slightly under average height and weight, had never played a full 18 holes of golf, and had only been to a driving range a handful of times. He was not even sure if he was a left-or right-handed golfer. Dan currently resides in Portland, Oregon.

**WHY?**

Through his journey Dan hopes to inspire others to start exploring the possibilities life affords them. Though his isn’t an easy endeavor and is quite possibly impossible, if it inspires even one person to quit their day job and find happiness in their own plan, then the Dan Plan is a success.

**THE DETAILS**

On April 5th, 2010, Dan quit his day job as a commercial photographer and began The Dan Plan. Logging in 30-plus hours a week he will hit the 10,000 hour milestone by October of 2016. During this time, Dan plans to develop his skills through deliberate practice, eventually winning amateur events and obtaining his PGA Tour card through a successful appearance in the PGA Tour’s Qualifying School, or “Q-School”.

**THE THEORY**

Talent has little to do with success. According to research conducted by Dr. K. Anders Ericsson, Professor of Psychology at Florida State University, “Elite performers engage in ‘deliberate practice’–an effortful activity designed to improve target performance.” Dr. Ericsson's studies, made popular through Malcolm Gladwell's book Outliers and Geoff Colvin's Talent is Overrated, have found that in order to excel in a field, roughly 10,000 hours of "stretching yourself beyond what you can currently do" is required. "I think you're the right astronaut for this mission," Dr. Ericsson said about The Dan Plan.

**BE PART OF THE DAN PLAN**

Every step of Dan’s journey from novice to professional golfer will be documented. He will rely on a support network created through social media sites (Facebook, Twitter) and his website at thedanplan.com. Supporters can watch video footage, check out photos, offer advice and view The Dan Plan stopwatch as it counts down his 10,000 hours of training.