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performance psychology in action pdf

In education, the concept of overlearning plays a role in a student's ability to achieve flow.

Cskszentmihlyi states that overlearning enables the mind to concentrate on visualizing the desired performance as a singular, integrated action instead of a set of actions. Challenging assignments that (slightly) stretch one's skills lead to flow. In the 1950s British cybernetician Gordon Pask ...

Flow (psychology) - Wikipedia

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