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Subject - Practical

Topic ← Effects of Practice

Practice has a multitude of effects on behavior, including increasing the speed of performance, rendering the practiced behavior habitual and reducing the cognitive load required to perform the task. These effects are often collectively referred to as automaticity.

Here we argue that these effects can be explained as multiple consequences of a single principle: caching of the outcome of frequently occurring computations. We further argue that, in the context of more complex task representations, caching different intermediate computations can give

give to more nuanced behavioral signatures, including dissociation between skill, habit and cognitive load.

Common feature of practice:

- * Practice leads to improved skill, habitual behaviors and reduced cognitive load.

- * Collectively, these phenomena are commonly referred to as 'automaticity'.

- * Automaticity may be a consequence of caching the outcome of frequent computations.

- * This can lead to dissociations between skill, habit and cognitive load.