THE LOCUS OF FOCUS

WHERE DO WE PUT OUR ATTENTION?

LEON TRAYMAN

BA ACTING, MFA VOICE STUDIES, PGCE LLUK

ESTILL MASTER TRAINER, ESTILL MENTOR AND COURSE INSTRUCTOR

LOCUS OF FOCUS

Different ways of approaching learning, training and performance...

Where do you habitually place your focus?

Why?

‘OPTIMAL’ LEARNING THEORY

WULF & LEWTHWAITE

‘OPTIMAL' LEARNING THEORY

WULF & LEWTHWAITE, 2016

Optimizing
Performance
Through
Intrinsic
Motivation and
Attention for
Learning

OPTIMAL LEARNING THEORY

WULF & LEWTHWAITE, 2016

1. *Enhanced Expectancies* for future performance



OPTIMAL LEARNING THEORY

WULF & LEWTHWAITE, 2016

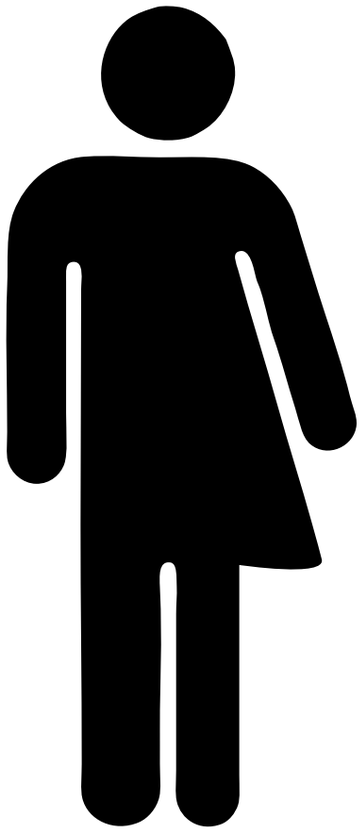
2. Variables that influence learners' *autonomy*



OPTIMAL LEARNING THEORY

WULF & LEWTHWAITE, 2016

3. *External Focus of Attention*





OPTIMAL LEARNING THEORY

WULF & LEWTHWAITE, 2016

1. *Enhanced Expectancies* - I want to do better!
2. *Autonomy - I'm not good enough! Freedom to make choices*
3. *External Focus - More external for greater skill*

WHERE DO YOU PUT YOUR FOCUS?

INTERNAL

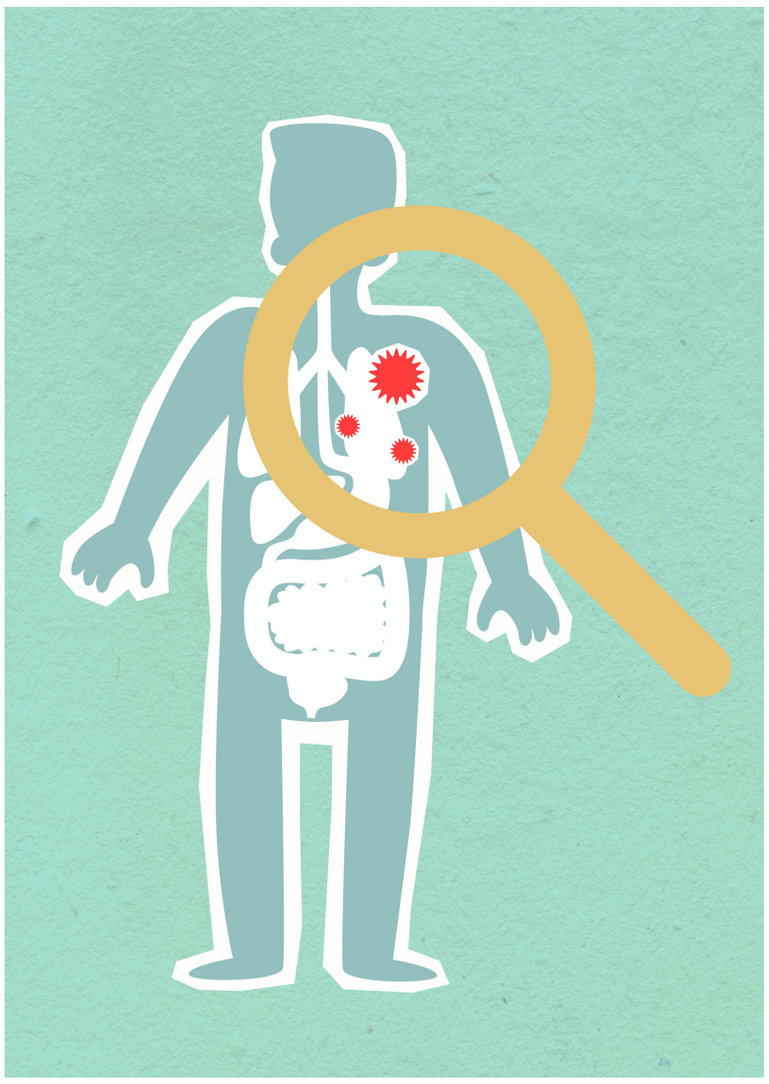
VS

EXTERNAL

INTERNAL

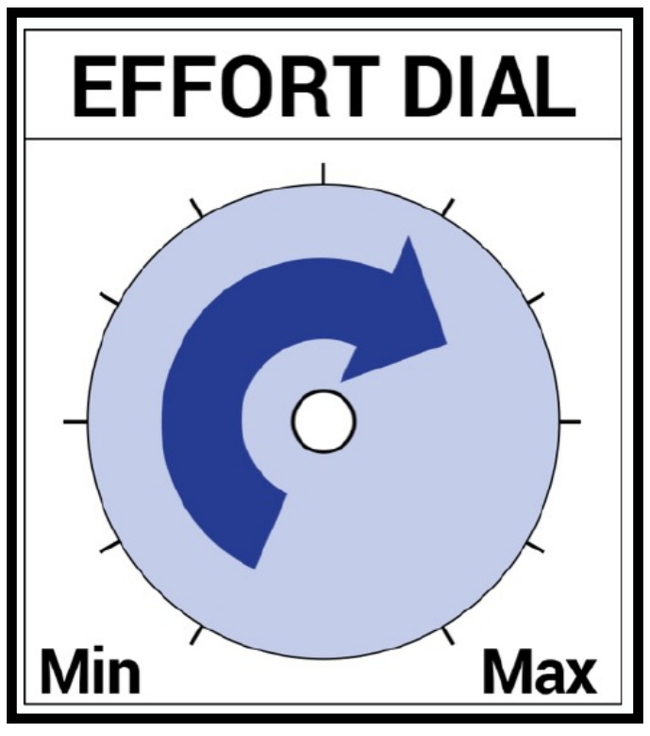
What is happening in your body?

What sensations do you feel?



INTERNAL

‘LOCUS OF EFFORT’



With permission from Estill Voice International

INTERNAL - Effort



"Effort as 'voltage' is the quantification of perceived muscular contraction"

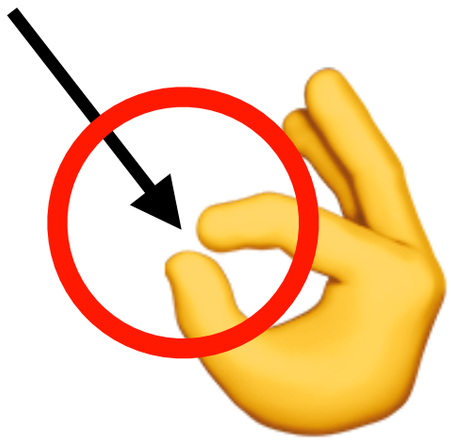
INTERNAL - Effort



"Effort as 'voltage' is the quantification of perceived muscular contraction"

INTERNAL - Effort





Effort can be:

Located

Quantified **1-10?**



Differentiated

Maintained



EXTERNAL

What does that look like from the outside?



What happens when you send the sound to the back of the room?



MANNER OF INSTRUCTION

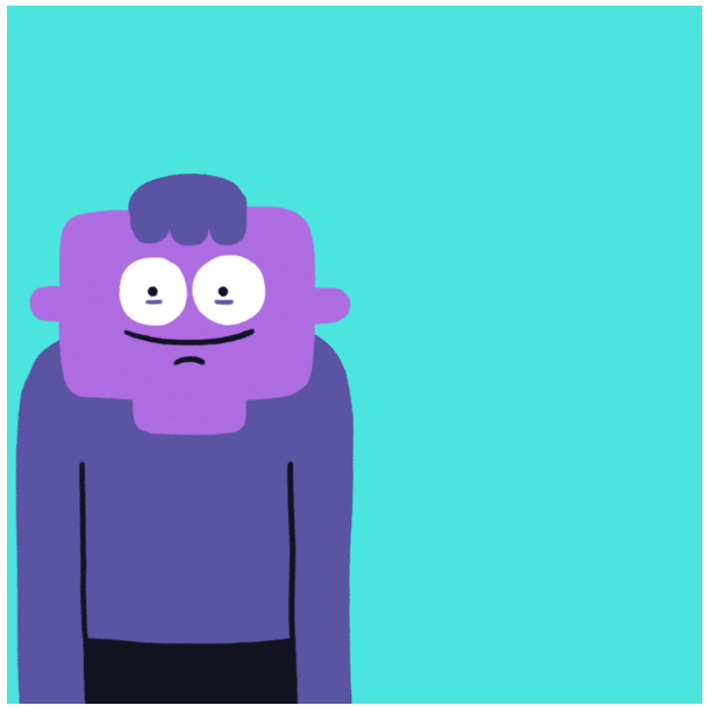
IMPLICIT

VS

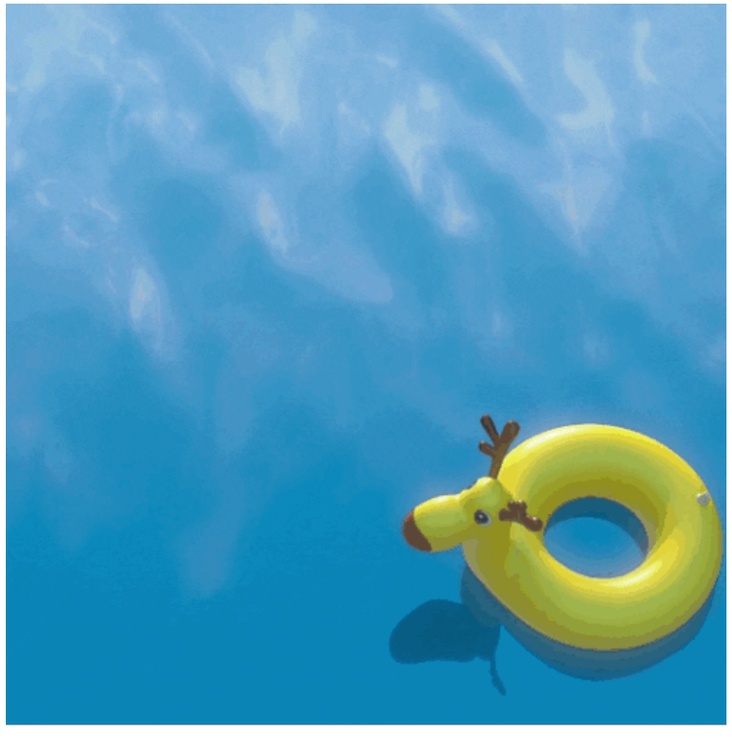
EXPLICIT

Implicit

Copy Me

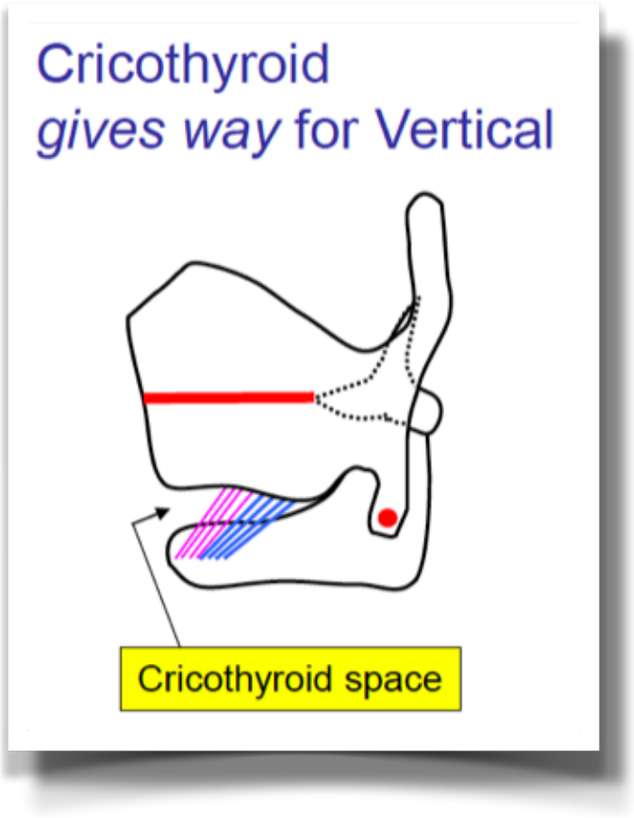


What happens if you think about...?



Explicit

Tilt your thyroid cartilage



Stress the verb/ noun not the personal pronoun



FEEDBACK

Feedback

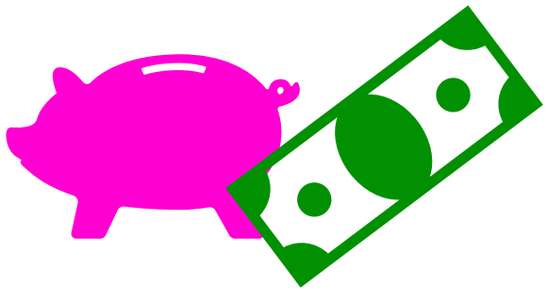
- Positive Feedback
- Social-Comparative Feedback
- Self-modelling
- Perceived Task Difficulty
- Concepts of Ability
- Extrinsic Rewards
- Positive Effects











DOPAMINE



IS A MIXTURE THE BEST RECIPE?

MIXING IT UP

- OPTIMAL - Intrinsic Motivation and Attention
    - Enhanced Expectancies
    - Autonomy
    - External Focus of Attention
- Internal vs External
- Manner of Instruction
    - Implicit vs Explicit
- Locus of Effort
    - Where do you *feel* the work happening?

- Feedback
    - Positive
    - Social-comparative
    - Dopamine inducing
    - Concept of ability
    - Extrinsic rewards
    - Positive Effects

Reference:

“OPTIMIZING PERFORMANCE THROUGH INTRINSIC MOTIVATION AND ATTENTION FOR LEARNING: THE OPTIMAL THEORY OF MOTOR LEARNING”

Wulf and Lewthwaite 2016

THANK YOU!

I HOPE YOU ENJOY THE MVC!

LEON.TRAYMAN@NORTHAMPTON.AC.UK