

# EDUCATIONAL VALUE OF CHESS

Serob Khachatryan

# Importance of attention in contemporary world



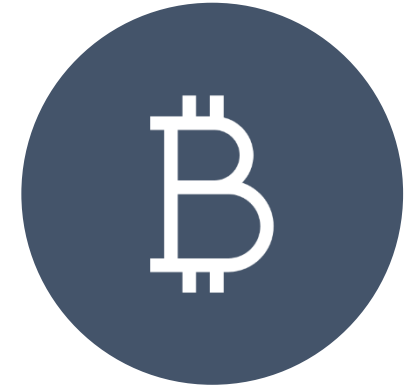
**We must reflect that,  
when we reach the end of  
our days, our life  
experience will equal what  
we have paid attention to,  
whether by choice or  
default.**

William James

# Levitin “Organized Mind”



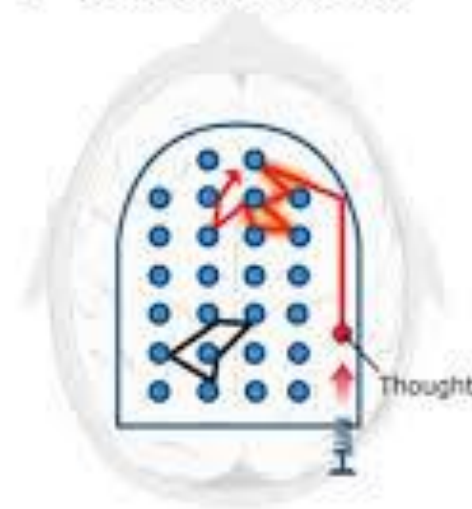
MULTITASKING IS “THE ULTIMATE  
EMPTY-CALORIED BRAIN CANDY.”



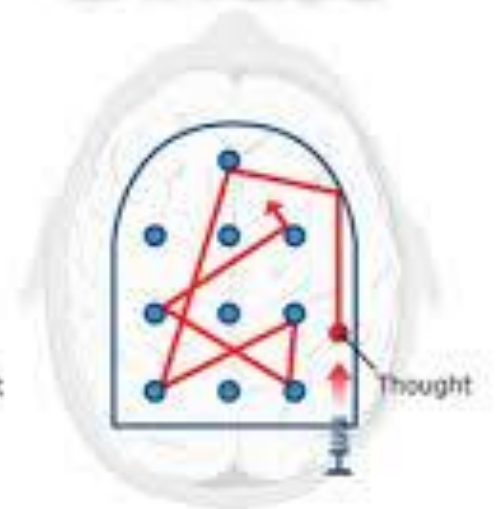
EVERY TIME PEOPLE MULTITASK  
THERE’S A COGNITIVE COST IN  
DOING SO

# Focused and diffuse thinking

Focused



Diffuse



Kasparov-  
Carlsen,  
Reykjavik,  
2004



# Pomodoro technique



# Generic-Skill approach vs Deliberate Practice approach

## Generic- Skill approach

- Skills are thought to be generic
- The best way to learn a skill is to teach the skill directly

## Deliberate-Practice approach

- Skills are thought to be domain-specific
- The best way to learn a skill is to identify and strengthen its component parts

*Adapted from Making Good Progress(2016) by Daisy Christodoulou*

Paul Tough,  
How Children  
Succeed

How Children  
**SUCCEED**

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Grit, Curiosity, and the  
Hidden Power of Character

PAUL TOUGH



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