Focus:
Although this knowledge area is quite complicated and has far reaching implications, the definition and information available for it straightforward.
Software maintenance is the modification of a software product after delivery to correct faults, to improve performance or other attributes, or to adopt to a new environment.

Major Steps:
There are different kinds of maintenance, one is what I think of as a maintenance plan, which means, that there is a schedule improvement or change that is going to happen to the software. These are often issues that were found during development, but could not fixed during that time.

The next is what I call the problem/bug maintenance plan, which means, that there is problem or bug reported to the development/maintenance team. After the verification process get approvals for the modification and then make the change. This needs to be documented along with the problem description and solution that was implemented.

Migration plan, for every change that is made, there needs to be a migration plan that documents the way the change is going to be incorporated into the production code. This step might get other people involved to make the right decision.

And the last maintenance step that is often forgotten is the actual retirement of
code or piece of software. This is a very important step which can point to several important findings, like the life of a software, was it an actual retirement or was some of the functionality preserved under a different format or environment.

Experience:
I know a lot about testing, but it is all mostly from books besides, the TDD working that is currently going on at work.