

When You Are Learning Something New

An exercise for teachers

Think back to a time when you were learning something new. What were you learning? (It can be academic or nonacademic, work-related or fun, athletic or artistic or practical.) _____

People can learn things in lots of different ways. In this situation, what worked for you? Check off all that apply, or add your own description.

- I listened to a lecture.
- I watched a demonstration.
- I read a written description.
- I looked at pictures of someone doing it.
- I tried a few things on my own until I got it.
- Someone coached me one-on-one.

Memories and reflections:

After the first time, did you . . .

- Practice on your own?
- Practice in a group?
- Practice with one other learner?
- Practice with a coach present?

Memories and reflections:

Do these memories bring up new ideas for your own teaching practice? Make some notes on the back of this paper to consider or discuss.

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