

# Learning is Progression: How to Teach Skills

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1. Advance organizer: give overview; what to look for; purpose of skill; provide an outline of key topics / concepts to follow; move from general to specific.
  2. Building blocks: break down skill into smaller / manageable parts; go over in detail; build on earlier information; compare / contrast; give examples of each part using current events / relevant issues.
  3. Show whole picture: model/demonstrate entire skill slowly; have participants identify each part of skill; show inter-relatedness of all parts.
  4. Apply information/practice skills: participants practice skill in low-risk environment with observer; receives feedback; facilitator wanders among participants and coaches as needed; best if participants first practice a situation already modeled by facilitator; use "successive approximation" strategies.
  5. Process reactions, feelings and results of practice: participants discuss feelings and reactions to taking the risk of practicing a new skill; facilitator needs to reward honest comments about difficulty of task.
  6. Pep-talk: facilitator gives a motivational pep-talk that emphasizes need for patience, persistence and practice; bike riding analogy.
  7. Homework: facilitator suggests / solicits a variety of ways participants can keep learning and applying new information / skill.
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