The separation of policy and mechanism is a core principle in OS design. Policy is think, when to do mechanism in user space, while Mechanism is answer of question how to do in kernel space. Policy example about CPU scheduling is first come first served. Mechanism is how to do while context switching, for instance saving the blocked process registers, address space, etc and load new process registers, address space, PSW etc. Separating them improves OS flexibility because its easy to extend kernel in user space, easy to change and improve it.