

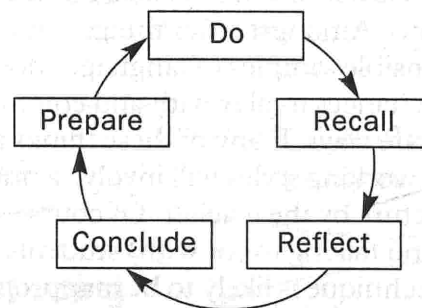
### 3 Teaching and learning

Let's look outside the classroom for a moment. How do people learn things in everyday life? By trial and error? By reading a manual and following the instructions? By sitting next to someone who can tell you what to do and give feedback on whether you're doing OK?

#### The experiential learning cycle

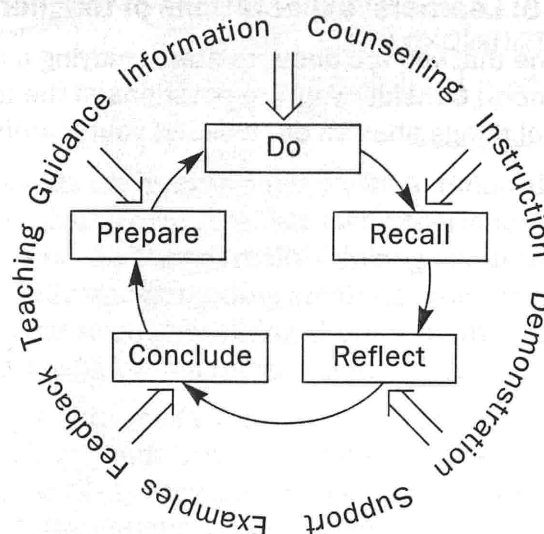
The process of learning often involves five steps (see Figure 1.1):

- 1 doing something;
- 2 recalling what happened;
- 3 reflecting on that;
- 4 drawing conclusions from the reflection;
- 5 using those conclusions to inform and prepare for future practical experience.



**Figure 1.1** An experiential learning cycle

Again, it is important to distinguish between learning and teaching. Information, feedback, guidance and support from other people may come in at any of the five steps of the cycle, as shown in Figure 1.2, but the essential learning experience is in doing the thing yourself.



**Figure 1.2** Teaching and the experiential learning cycle