

ANALOGIES: GLASS FULL, HALF EMPTY, EMPTY:

Explanation:

Using an analogy that is familiar to everyone is one way to sense check where the group and individuals are in terms of following the training. This has slightly less direct emotion and is therefore less personal. This technique is a great way to instantly gauge what level of comprehension the group and individuals have of the subject either before, during or after the training. It is suitable for medium to small groups.

Preparation needed:

Print off three images which can be laminated for future use; place them on a wall or mirror.



1. Glass full – yes, I am fully content, yes, I fully understand.
2. Glass half full – yes, I am partially content and involved.
3. Glass empty – no, I am not content nor involved.

Method:

- Have the images of the glasses arranged on a wall or mirror.
- Introduce the technique; we are going to carry out a quick sense check: are you happy with the content so far? What is your understanding of the subject at this point?
- Ask each of the participants to initial or apply a sticker beside the glass that best represents their opinion at that point in time.
- Alternatively, you can call for a show of hands to get a super quick sense check from the group. Who is a full glass? Who is a half glass? And who is empty?
- This will allow you to see:
 - basic understanding of a subject, if carried out at the beginning of a session.

- how they are following the training during different segments of the training session.
- if there is a good comprehension of the subject after the session.
- Review and address the content or activities that are not meeting the comprehension level of the participants with this information that you have gathered.

Tip: If you plan on working with groups during the training session, it is beneficial to mix high-knowledge (full glass) individuals with medium-knowledge (half glass) individuals within one group.