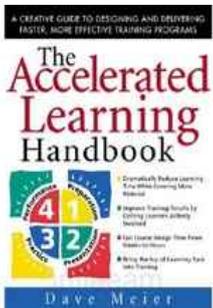


Seven Principles of accelerated learning



Based on *The Accelerated Learning Handbook*, Dave Meier, McGraw-Hill, 2000.

Andy Goldring for Leeds PDC 2014

1) Learning Involves the Whole Mind and Body



- Not just 'head' learning (conscious, rational, “left brained”, verbal).
- Involves physicality of person, with all the senses, receptors and emotions that go with it.

**Touch it, taste it, smell it, hear it, see it,
feel it, imagine it, know it, do it,
discuss it, dream it.**

2) Learning is Creation, Not Consumption

- Knowledge is not absorbed but created.
- We integrate new knowledge and skills into our existing structure of self.
- Learning is the creation of new meaning, capacity and understanding into our “brain body system”



Presentations and lectures are more effective when combined with opportunities for students to engage with the subject and make it their own.

3) Collaboration Aids Learning



Shared meals, visits and walks, breaks, name games, group work all combine to nurture a learning community

- Good learning usually has a social base.
- We often learn more through collaboration with peers than by any other means.
- Competition slows learning, cooperation speeds it up.
- A learning community learns faster than isolated individuals.

4) Learning Takes Place on Many Levels Simultaneously

- Learning is not a matter of one thing at a time, but many things at once.
- It engages people on many levels simultaneously.
- We thrive when challenged to do many things at once.



Like 'stacking' in permaculture, we can layer in more than one experience within a training session.

5) Learning Comes From Doing the Work Itself (With Feedback)



Group Design Project with real life situations and clients. Practical learning of building, gardening, map making etc.

- People learn best in context.
- Things learnt in isolation are hard to remember and often 'evaporate'.
- Real and 'concrete' are better than hypothetical and abstract.

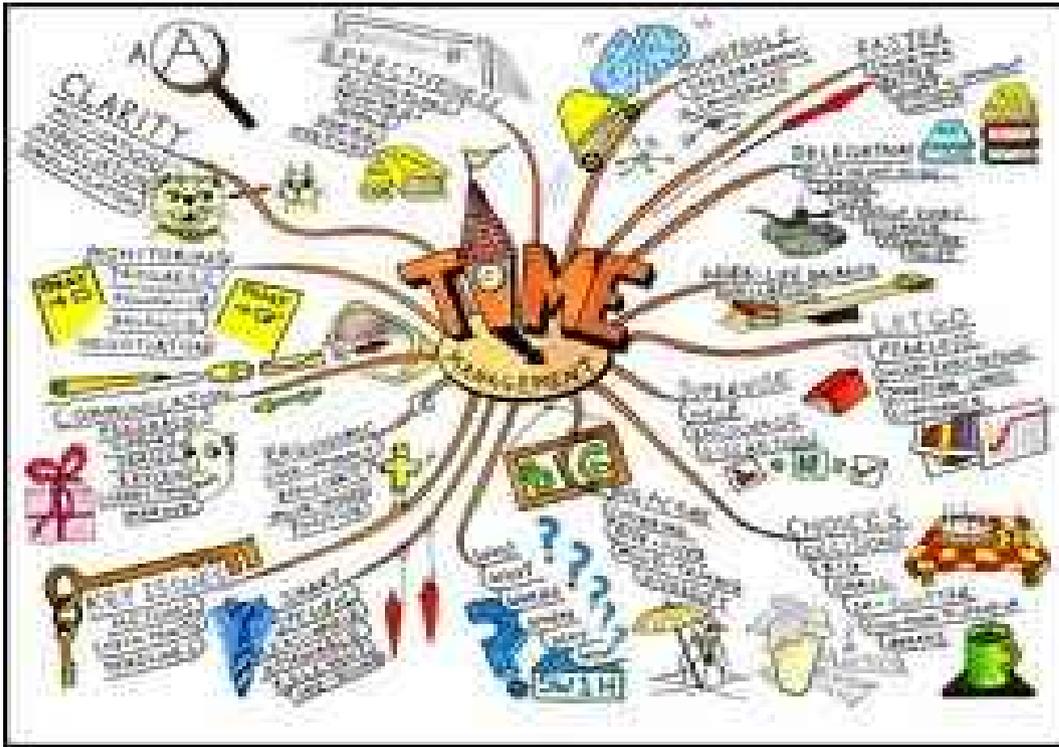
6:) Positive Emotions Greatly Improve Learning

- Feelings determine both the quality and quantity of our learning.
- Negative feelings inhibit learning.
- Positive feelings accelerate it.
- Learning that is joyful, relaxed and engaging is more effective, than when it is dull, dreary and stressful.



Positive use of language, games, using people's name, exercises to unlock hidden skills and resources, meaning and purpose of the work.

7) The Image Brain Absorbs Information Instantly and Automatically



Mind maps, posters, drawings, pictograms, icons, and symbols all help to make information more memorable and accessible

- The nervous system is more of an image processor than a word processor.
- Concrete images are easier to retain than verbal abstractions.
- Translating verbal abstractions into concrete images will make them easier to remember.