

The guiding principles of accelerated learning



“The direction of the mind is more important than its progress.”

- Joseph Joubert -

Accelerated learning facilitation programmes that are the most successful operate out of the following foundation principles:

Did you know learning involves the whole mind and body

Learning is not at all merely “head” learning (conscious, rational, “left-brained”, and verbal, but involves the whole body/mind with all its emotions, senses and receptors

Did you know learning is creation, not consumption

Knowledge is not something a learner absorbs, but something a learner creates. Learning happens when a learner integrates new knowledge and skill into his or her existing structure of self. Learning is literally a matter of creating new meanings, new neural networks, and new patterns of electro/chemical interactions within one’s total brain/body system.

Did you know collaboration aids learning

All good learning has a social base. We often learn more by interacting with peers than we learn by any other means. Competition between learners slows learning. Cooperation among learners speeds it. A genuine learning community is always better for learning than a collection of isolated individuals.

Did you know learning takes place on many levels simultaneously

Learning is not a matter of absorbing one little thing at a time in linear fashion, but absorbing many things at once. Good learning engages people on many levels simultaneously (conscious, and paraconscious, mental and physical) and uses all the receptors and senses and paths it can into a person's total brain/body system. The brain, after all, is not a sequential, but a parallel processor and thrives when it is challenged to do many things at once.

Did you know learning comes from doing the work itself (with feedback)

People learn best in context. Things learned in isolation are hard to remember and quick to evaporate. We learn how to swim by swimming, how to manage by managing, how to sing by singing, how to sell by selling, and how to care for customers by caring for customers. The real and the concrete are far better teachers than hypothetical and the abstract – provided there is time for total immersion, feedback, reflection and reimmersion.

Did you know positive emotions greatly improve learning

Feelings determine both the quality and quantity of one's learning. Negative feelings inhibit learning. Positive feelings accelerate it. Learning that is stressful, painful and dreary can't hold a candle to learning that is joyful, relaxed and engaging.

Did you know the image brain absorbs information instantly and automatically

The human nervous system is more of an image processor than an word processor. Concrete images are much easier to grasp and retain than are verbal abstractions. Translating verbal abstractions into concrete images of all kinds will make those verbal abstractions faster to learn and easier to remember.

Taken from: Meier, Dave: The Accelerated Learning Handbook: A Creative Guide to Designing and Delivering Faster, More Effective Training Programs, McGraw-Hill New York, 2000

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