



AMaP Learning Model : Session 1



The AMaP LEARNING MODEL

‘The Journey of a thousand miles begins with a thousand steps’ Confucius

Every journey has a beginning, a route and an end destination. Sometimes we know precisely where the journey will take us and sometimes we have to embrace the experience before considering our next route or new direction. The key to success in travel is to be open-minded and maybe revise what we thought we knew to be true.

This booklet is for your own use to reflect on the session. It has additional information which you may like to use.

Are you ready for the challenge? Your journey into AMaP learning begins here....

Session 1: Confidence for Learning

Session 2: Defining Learning

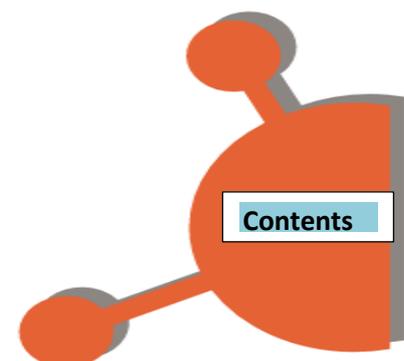
Session 3: Lifelong Learning

Session 4: Motivation for Learning

Session 5: Learning Development

Session 6: The Learning Journey

Evaluation: Sharing Learning

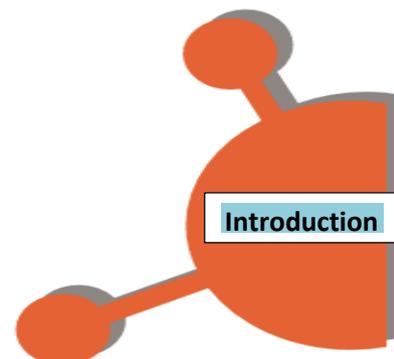


Introduction to the Programme

The trainer opens the programme with an overview of the content of the AMaP programme and invites the participants to agree some ideas for your learning environment.

Creating our Learning Environment

1. Work with the person sitting next to you as a learning partner.
2. Think about five ground rules you would like to apply to the AMaP programme to help you get the best out of it.
3. Use the space below to record the ideas the group agree to an appropriate learning environment for your AMaP programme.



The Spider's Web

Aims: Participant Presentation: Integration and cohesion of the group

Materials: A ball of wool

Duration: About 20 minutes.

Description:

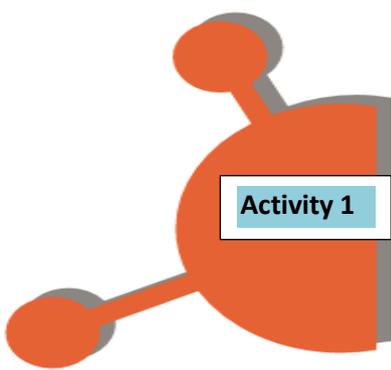
All participants will be invited to form a circle. The trainer will give the ball of wool to one of the participants, and give some tips on how to present his/herself to the group, for example, his/her name, where h/she lives, interests, learning background, expectations of programme.

After each presentation, the participant holds his/her end of the wool securely and throw the ball to another participant, who should then make his/her own presentation.

This is repeated until all participants are joined together by the yarn. The web symbolises the establishment of the group. After all the participants' presentations, the ball of wool will make the "return trip". The last person to receive the ball shall refer to the person who spoke last and repeat what s/he said. This is so that the web is completely dissolved.

At the end of the activity, the trainer will discuss with the group, the importance of active listening skills. Take a note of your presentation here.

My presentation



Activity 1

What Defines You?

You may want to give more thought to your reality – your world and what defines you? What place has learning in your reality? Use the mind map to note your thoughts and ideas. What are the personal **enablers** and **inhibitors**?



Learning Styles

Everyone is different and everyone learns in different ways – so there is no right way and no wrong way to learn.

Some people learn best on their own while others may find the group experience a better way to learn. Learning may involve listening, talking, writing, watching and doing. Some people may learn from all these approaches and learn different things from each of them.

You have to consider your reason and motivation for learning and in addition the skills useful to achieve the learning. Some skills are reading, watching, taking notes, sharing and exchanging ideas, repeating actions and also viewing ‘mistakes’ as learning growth points.

The important thing for you is to find out what works for you as an **adult learner**. Reflecting on past learning experiences and ways of learning are helpful, for example,

How did I learn to drive a car or ride a bicycle? How did I learn to use a computer? How did I learn to use a digital camera?

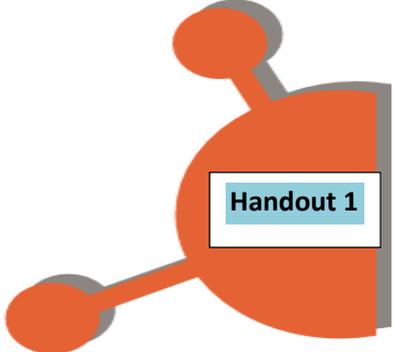
Different Learning Styles – Kolb’s Experiential Learning Style

Visit: <http://www.businessballs.com/kolblearningstyles.htm>

Kolb theory illustrates different styles of learning as processes / experiences

Reflectors-Theorists-Pragmatists -Activists

People learn from using all four of these experiences but one of the four is your favourite or preferred style. You will spend additional time on the preferred learning style. Also, you will enter the learning cycle at any one of the four processes.



Handout 1

Confidence for Learning

Think about the following- Confidence is situational. It is not fixed and will change depending on different factors, contexts or situations. Think about your confidence levels in different situations and in particular learning contexts. Why do you feel this way?

Highly Confident

Feelings – happy, comfortable, at ease, assertive, capable

Sense of independent achievement

Statements – it's no problem

I can do it, I enjoy

I believe I can do this

I am not afraid of doing this



Confident

Feelings – comfortable

Statements – I will have a go at it

I am able to speak to this

I have never done this before but will give it a go

I probably can do this



Not Confident

Feelings - shy, anxious, frustrated, negative

Statements – I probably can't do it

I would rather not do it

I'm unsure about the situation

I do not think I will be any good but will try it



Very low confidence

Feelings - nervous, afraid, anxious, frightened, no self-worth, no interest

Statements – I can't breathe

I can't do this and don't want to

There is 'no way' I can do this

I'll avoid being in certain situations



with permission: Niace - *promoting adult education*

Achievement Log... and Learning

Recognising our learning achievements can increase our confidence and contribute to our self-esteem.

Here are some ideas to start you off.

What learning took place?

Work	High standard of work, loyalty and commitment	
Home	Organised a new fitted kitchen	
Family	Continue to help the family when required	
Health	Now a non-smoker	
Certificates	Gained an IT certificate two years ago	
Qualifications	CPD course 'Improving Staff Communication'	
Hobbies	Won a golf trophy three years ago	

Confidence Checklist

- ✓ Understand that confidence is only a feeling
- ✓ Relive an occasion in your life when you felt confident
- ✓ List your reasons to be confident
- ✓ Tell a person whose opinion you value that you will be confident at a particular event
- ✓ Spend time improving your skills and your confidence should increase
- ✓ Be willing to take risks and go the extra mile to achieve better things
- ✓ Admit mistakes and learn from them
- ✓ Accept compliments graciously
- ✓ Spend time each day with confident people
- ✓ Build your confidence a step at a time
- ✓ Stop worrying about other people's opinions of you
- ✓ Walk and talk with confidence



Self-esteem checklist

- ✓ Having a positive attitude about yourself
- ✓ Valuing yourself highly
- ✓ Being convinced of your own abilities
- ✓ Seeing yourself as competent
- ✓ High self-esteem can never be given to a person by another person. It must be sought, that is, 'earned' by the individual for him/herself
- ✓ People with high self-esteem are confident of their abilities and gain pleasure from acting on them
- ✓ Those who hold themselves in high-esteem are more likely to pursue new ideas, take risks and achieve more
- ✓ Self-esteem may be linked to security, connectedness, uniqueness, assertiveness, competence and spirituality
- ✓ Self-esteem can act as a cushion at those times when life lets us down and when we experience rejections, disappointments.

Mapping out of Helpful and Unhelpful Responses

Think about a **loss of confidence in learning** that you have experienced and complete the following:

<p>How did others help me at that time?</p>	<p>What did I find helpful?</p>
<p>How did I help myself at that time?</p>	<p>What help was missing?</p>

Websites

Edutopia - What's Your Learning Style?

<http://www.edutopia.org/multiple-intelligences-learning-styles-quiz>

Successful Learning

<http://www.slideshare.net/margclan/keys-to-successful-learning>

MIndtools

Building Self-Confidence - Preparing Yourself for Success!

<http://www.mindtools.com>

Top Achievement

<http://topachievement.com>

Tiny Buddha – Positive Thinking

<http://tinybuddha.com>

Success Consciousness – How to think positively

<http://www.successconsciousness.com>