

AMaP Learning Model : Session 2



Participant's Name:

The AMaP LEARNING MODEL

Session 2

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

“Man cannot discover new oceans unless he has the courage to lose sight of the shore.” - Andre Gide



Understanding the nature of the change you wish to effect is important in determining how you wish to go about it. Entering uncharted change territory without some sort of route map puts you at an immediate disadvantage from the start. One of the first stages in charting the territory is to understand a little more about the type of change you wish to make (broadly where you want to get to and how you plan to travel).

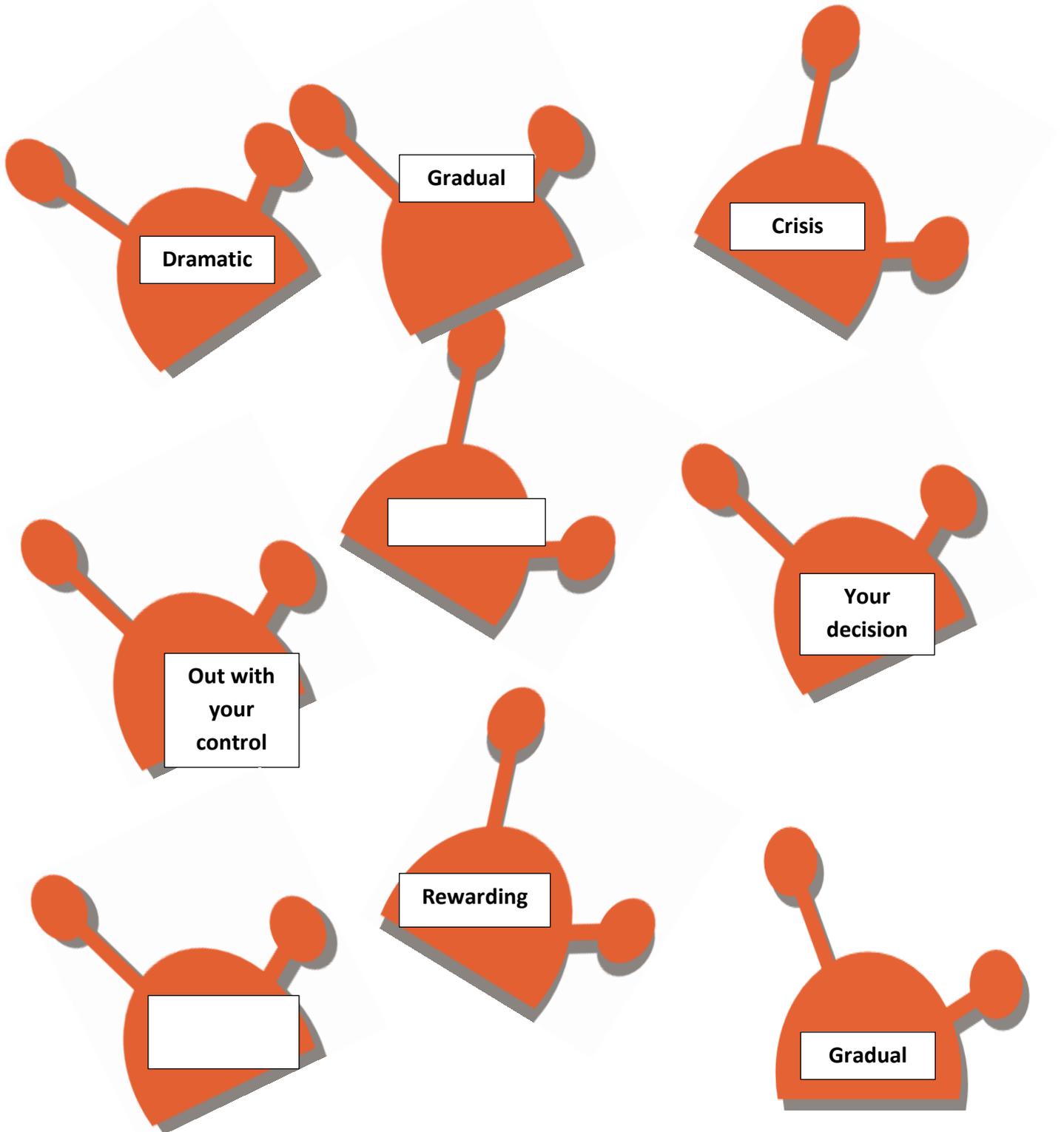
There are a number of ways in which change can be categorised, most are related to the extent of the change and whether it is seen as organic (often characterised as bottom-up) or driven (top-down).

Ackerman (1997) has distinguished between three types of change:

Type of Change	Characteristics
Developmental	May be either planned or emergent; it is change that enhances existing strengths often focusing on the improvement of a skill, process or knowledge.
Transitional	Seeking to achieve a known desired state that is different from the existing one. It is episodic or planned. Much change can be of this nature.
Transformational	Is radical and requires a major shift for the individual. Transformation can result in an individual that differs significantly in terms of what they do.

Personal Change

Change can take different forms. Here are some to think about. You might like to add any other changes you have experienced. Add notes too if you like.



Feelings and Change

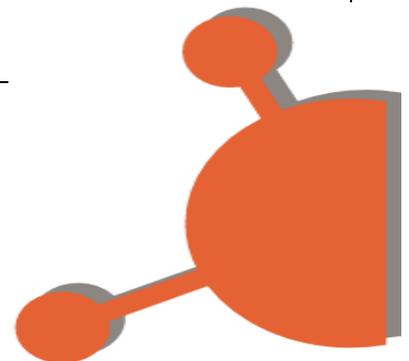
Personal change occurs at an **intellectual and emotional level**. That is why it is hard to define it solely in verbal or intellectual terms. Sometimes it is difficult to describe the emotional experiences involved in change.

Choose a personal change in your life

How did this change happen?

What were your feelings surrounding the change?

What differences did experienced as a result of the change?



Learning and Change

Think back to the achievements in the first booklet and the learning that took place. What learning took place? What changes happened?

	Learning	Changes
Work		
Home		
Family		
Health		
Certificates		
Qualifications		
Hobbies		

Defining Learning

Learning

1. knowledge acquired by systematic study in any field of scholarly application.
2. the act or process of acquiring knowledge or skill.
3. the modification of behaviour through practice, training, or experience.

Information

1. knowledge communicated or received concerning a particular fact or circumstance; news: information concerning a crime.
2. knowledge gained through study, communication, research, instruction, etc.; factual data: His wealth of general information is amazing.

Knowledge

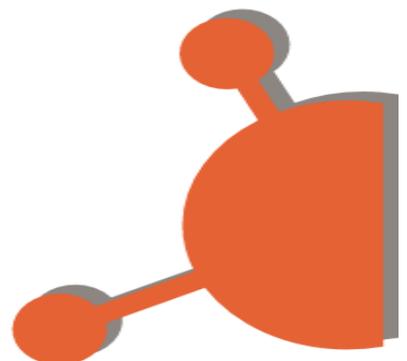
1. acquaintance with facts, truths, or principles, as from study or investigation; general erudition: knowledge of many things.

Skills

1. the ability, coming from one's knowledge, practice, aptitude, etc., to do something well: Carpentry was one of his many skills.
2. competent excellence in performance; expertness; dexterity: The dancers performed with skill.
3. a craft, trade, or job requiring manual dexterity or special training in which a person has competence and experience: the skill of cabinetmaking.

Competences

1. the quality of being competent; adequacy; possession of required skill, knowledge, qualification, or capacity: He hired her because of her competence as an accountant.
2. sufficiency; a sufficient quantity.



Mapping out of Helpful and Unhelpful Responses

Think about a **significant change** 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>

