Experience-Driven Learning & Teaching Lab Pre-work

As we all know, the better prepared we attend a learning experience, the more do we gain from it. Please complete the following assignments in thought and writing and bring both to our Teaching Lab, ready to fully engage in the process:

1. Describe your **best learning experience** in defining BEST detail.

2. Do the same for what defines your **best teaching experience**, again identifying the key ingredients that made it extraordinary.

3. **Describe 'Experiential Learning'** in your own words after spending some time online examining the work of Kolb, Fitts Posner and other research authors you may find.

4. **Watch Sugata Mitra, The Hole in the Wall.** What are your core insights?
https://www.youtube.com/watch?v=dk60sYrU2RU

5. **Read the abstract below** from Triple play: Additive contributions of enhanced expectancies, autonomy support, and external attentional focus to motor learning.

Optimizing performance through intrinsic motivation and attention for learning: The OPTIMAL theory of motor learning. Psychonomic Bulletin & Review, 23, 1382-1414], 3 factors are postulated to facilitate learning: enhanced expectancies (EE) for performance, autonomy support (AS), and an external focus (EF) of attention. In 3 recent studies, combinations of 2 of these variables resulted in superior learning relative to the presence of only 1 variable, or none. We examined whether the combination of all 3 factors would enhance learning relative to combinations of 2 factors. Our design included EE-AS, EE-EF, AS-EF, and AS-EE-EF groups. Participants threw balls at a target with their non-dominant arm. In the EE conditions, they received positive social-comparative feedback. In the AS conditions, they were allowed to throw with their dominant arm on trial blocks chosen by them. In the EF conditions, participants were asked to focus on the target. On a delayed retention test, the AS-EE-EF group outperformed all other groups. The findings provide evidence that enhanced expectancies, autonomy support, and an external focus can contribute in an additive fashion to optimize motor learning.   Look at optimalmotorlearning.com for additional info.

And if you are interested in more....watch
https://www.youtube.com/watch?v=b9AeRJLc_JA Dr. Peter Allison
Experiential Learning and Snowsports: Creating Space for Learning