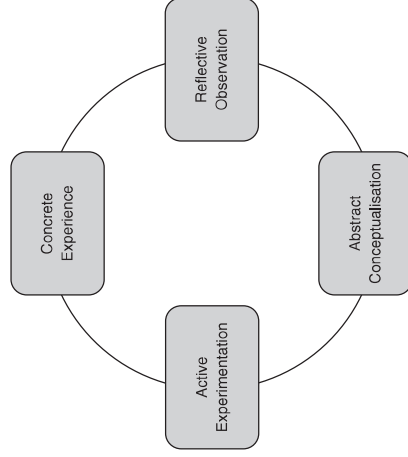


# In a nutshell

This feature covers the essentials of Kolb's learning cycle and provides examples of how you can embed this into your practice. The resource can be photocopied and used as a revision tool or a prompt for discussion with your peers.

## Kolb's Learning Cycle

This four-stage cycle is a key principle of experiential learning theory in which events provide a basis for reflection. Based on these individually experienced reflections, it is possible to 'conceptualise' or make sense of the learning, so that we might further adapt or experiment. The cycle is typically shown in four stages:



Source: Kolb (1984).

## Putting it into practice

The model represents a cycle whereby learning goes through a number of stages; therefore, including all of these elements in your planning would ensure that learners have the opportunity to fully experience a new skill or concept. This adds depth to the learning event and provides 'food for thought' in terms of further development.

By including an experiential activity and a chance to reflect on this the lesson becomes much more valuable than simply learning a script. Different teaching and learning activities are appropriate for the various stages of the cycle – a few to think about are as follows:

Concrete: Role play Simulation Games	Reflective: Journals Discussion Metaphors
Abstract: Lectures Journals Videos	Active: Work experience Project Field work