

## **HANDOUT LC-1**

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### **OVERVIEW OF THE LEARNING CYCLE**

**Stage One**  
**It Looks Easy**

(unaware, looks easy,  
blind to what is involved)



**Stage Two**  
**It's Hard!**

(aware of how much is involved and  
that you can't perform well,  
start to learn and practice one or two parts step by step,  
feel high level of discomfort and stress)



**Stage Three**  
**Working Hard**

(aware of performing well even if slow and uneven,  
focus on practicing selected parts,  
make mistakes and can self-correct,  
feel more comfortable, less stress)



**Stage Four**  
**Now It's Easy**

(unaware of performing well and smoothly,  
mastered the skills, calm and confident  
when new or additional skills introduced or  
want to set or meet higher standards  
return to Stage One)

## HANDOUT LC-2

### DETAILS OF THE LEARNING CYCLE

Stage	Description	Example
<b>Stage One: It Looks Easy</b> (Pre-Beginner Level)	<ul style="list-style-type: none"> <li>- don't know what you don't know</li> <li>- look at an activity and think it looks easy</li> <li>- don't realize all that is involved</li> <li>- interested and excited by starting</li> </ul>	<ul style="list-style-type: none"> <li>- want to learn to drive a car with a standard transmission</li> <li>- you have seen others drive and it looks easy</li> <li>- look forward to the first lesson</li> <li>- want to jump in and go right away</li> </ul>
<b>Stage Two: It's Hard!</b> (Novice Level)	<ul style="list-style-type: none"> <li>- you know what you don't know</li> <li>- feelings of discomfort and apprehension surface</li> <li>- concerned about how you will look and may be embarrassed to have others watch</li> <li>- worry about how you will ever learn all that is needed</li> <li>- make mistakes trying — may be tempted to give up, too difficult, etc.</li> <li>- have to stick to it</li> <li>- even when at later stages you will return to this stage when new skills etc. are added</li> </ul>	<ul style="list-style-type: none"> <li>- driving instructor or parent starts telling you all the different things you need to focus on, like the location of the clutch, gas pedal and brake, how to clutch, must remember to look in the mirrors, pay attention to all the rules of the road, watch out for pedestrians and on and on</li> <li>- finally get the car onto the street and it leapfrogs 20 feet, goes off the road and stalls</li> <li>- feel embarrassed, frustrated and overwhelmed, there is so much to learn, don't want to fail</li> <li>- you might be tempted to quit except you really want to drive</li> </ul>
<b>Stage Three: Working Hard</b> (Intermediate Level)	<ul style="list-style-type: none"> <li>- you know what you know</li> <li>- starting to feel more comfortable</li> <li>- performing reasonably well but need to think about what you are doing at each move or step</li> <li>- continue practicing</li> <li>- if a new skill or techniques is added you go back to Stage One or Two but only for that new piece</li> </ul>	<ul style="list-style-type: none"> <li>- after much practice can keep the car going smoothly</li> <li>- must keep reminding yourself to look in mirrors, etc.</li> <li>- feeling a lot more comfortable but still requires effort to think about what you are doing</li> </ul>
<b>Stage Four: Now It's Easy</b> (Advanced Level/Mastery)	<ul style="list-style-type: none"> <li>- you don't know what you know</li> <li>- have mastered the skill area</li> <li>- no longer have to think about what you are doing</li> <li>- unconscious good performance</li> </ul>	<ul style="list-style-type: none"> <li>- after a lot of practice and learning from your mistakes now can drive and obey the rules of the road without thinking about them</li> <li>- can actually talk to people while driving it's all automatic</li> </ul>

## **HANDOUT LC-3**

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### ***GUIDELINES ON COPING WITH THE LEARNING CYCLE***

- Remember that everyone goes through the cycle, and that the most uncomfortable stages (Stage Two, and the early parts of Stage 3) **will** pass, and lead to the pleasure of late Stage Three, and Stage Four.
- Recognize that you constantly go back and forth in the cycle — each time you learn something new (like driving a manual transmission, when you've only driven an automatic before) you go back again to Stage Two.
- Talk to others involved in learning the same thing — to help you recognize that the way you feel is normal.
- Get more information about what you're learning, so you know what to expect and can learn more quickly.
- When you have an instructor or more expert person available — seek guidance and feedback on your progress and seek reassurance.
- Review your own progress, acknowledge what you're doing well and identify areas where more work is needed.
- Develop, and constantly revise a plan, to ensure that you get the necessary practice on areas where more work is needed.
- Be patient with yourself, avoid negative thinking; practice positive thinking, and practice, practice, practice.



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**WORKSHEET LC-4**

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**LEARNING CYCLE COPING IDEAS**

MY ACTIVITY: \_\_\_\_\_

Stage	Example	Coping Ideas
<b>Stage One:</b> It Looks Easy (Pre-Beginner Level)		
<b>Stage Two:</b> It's Hard! (Novice Level)		
<b>Stage Three:</b> Working Hard (Intermediate Level)		
<b>Stage Four:</b> Now It's Easy (Advanced Level/Mastery)		