

# Accelerated Learning Strategies

- Create a learning environment that activates the senses
- Vary the methods used to meet various learning styles
- Always complete the learning cycle to assure integration

## Methods and Activities:

**Music:** Baroque music. Ex. "Relaxing with the Classics," is good for quiet Individual or group work.

Theme music. If you have a theme round it out with appropriate music.

"Rocky" or "Chariots of Fire" for active teamwork.

Note: When work is being done that require concentration it is better not to have music playing that is familiar and distracting. Music is to enhance learning, not distract from it.

**Song:** Individual or group creates a song. Having blocks, small drums or other musical devices may add to their creativity.

**Movement:** Expressing ideas through movement, individually or in groups can be very effective.

**Color:** Asking participants to choose a color to represent their thoughts may produce interesting insights and interpretations. Use whatever you can think of to spark color images: ex. construction paper, florescent colors, colored blocks, etc.

**Mnemonics:** Mnemonics may be any device used to stimulate memory. examples:

Acronyms- S.T.E.P. Sound Techniques for Experiential Processing. SMART objectives, etc.

Metaphors- The Cookie Jar with an assortment of Girl Scout cookies in it represent pluralism and diversity.

Visual Stacking-To remember several points or steps in a process represent each item or step by an icon. Create a picture of this icon in one's mind. Attach the next icon to the first one and so forth until you have created a visual stack, all connected, of icons representing the items or steps in a process.

Windowpaning-Draw a window with enough panes for each step idea that needs to be remembered.

**Games:** Create a game or take an existing one. Adapt it to meet your need.

# Non-Active versus Active/Accelerated Learning

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Non-Active	Active/Accelerated
Data-intense	Process-intense
Information stuffing	Information Accessing
Emphasis on data storage	Emphasis on data processing
Rote memorization	Thinking skills
Manpower	Mindpower
Emotionless	Expressive
Colorless	Sensory-evocative
Emphasis on correct response	Participants free to "wobble" and grow
Inhibited, guarded	Open, relaxed
Individualistic & judgmental	Collaborative & supportive
Punishing	Empowering
Draining	Energizing
Somber & serious	Playful & enjoyable
Trainer centered	Learner centered

Adapted from The Center for Accelerated Learning, Lake George, Wisconsin as presented in "The Winning Trainer" by Julius Tittington.