

Stages of Learning

How does the brain actually learn new stuff?



Attention

Focusing on input and **filtering** out distractions.

Supported by:

Relevance, clear cues, structured routines, movement breaks, prompting metacognition, ensuring safety



Active Processing

Sense-making through **connecting, organizing, and interpreting** new info in light of prior knowledge.

Supported by:

Activating schema, interactive and multimodal activities for processing (e.g., draw, sort, compare, discuss, apply, teach/explain)



The act of **calling information back** to mind.

Supported by:

Low-stakes quizzes, "teach it back" moments, summarizing, transfer tasks



Retrieval

The process of **stabilizing and strengthening** the memory.

Supported by:

Sleep, movement, spaced practice, error correction (feedback and revision), transfer tasks



Consolidation