



# Little Talks That Make A Big Difference: THE TEI PODCAST SERIES

## PODCAST REFLECTION GUIDE

### #5 Naming The World: Applying What You've Learned

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#### Definitions and Reflections:

A **stressful learning situation** can be created when a student is learning something new in the presence of her peers. As a social being who has the need to belong, a learner is usually tuned into her peers for a sense of acceptance.

*Reflect: Think of a time when a student showed anxiety or resistance to a particular learning activity. What do you think contributed to this **stressful learning situation**?*

**Naming the world, or making the invisible visible**, is Paulo Freire's concept that a teacher can identify and teach words that describe central themes that are relevant to their students' experience.

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#### Try This:

Naming the **Four A's of Learning** is one way to make the learning process **visible** by naming learning as a process that people experience in different ways, beyond the labels of right and wrong, or being stupid or smart. This can mitigate **stressful learning situations**.

1. **Awareness Stage:** When the learner is aware of *what* the new task is – perhaps feeling anxious and/or excited.
2. **Awkward Stage:** When the learner goes from the *what* to the *how* of the task, experiencing the process for the first time. The learner can feel incompetent or inept if not given encouragement, nurturance, support and opportunities to practice.
3. **Avoidance Stage:** When the learner has experienced negative feedback during the *awkward stage*, they feel unable to learn the task. This is a predictable but not inevitable stage in the learning process.
4. **Automatic Stage:** When the learner can engage in the skill as if it is second nature. Learners enter this stage as a direct result of encouragement and positive experiences during the *awkward stage*.