



# A Beginner's Guide to Learning Circles

## Chapter 7b

More about how learning happens in a cycle.

available at [www.nald.ca/learningcircles/bg.htm](http://www.nald.ca/learningcircles/bg.htm)

by Tracey Mollins with notes from Janice Brant, Arthur Bull and Guy Ewing

The next stage in the learning cycle is to examine how one *feels or relates* to their new awareness, their self, and others.

It is about our relationships and connectedness.

Here we express and articulate our feelings about self and how we relate to the total environment.



The learning process can evoke a range of feelings from joy to sorrow as people work to make changes, adjust to the challenges of learning something new, or engage in examining their lived experiences.

In this stage we bring new light to the factors that contribute to our experiences, making difficult situations manageable.

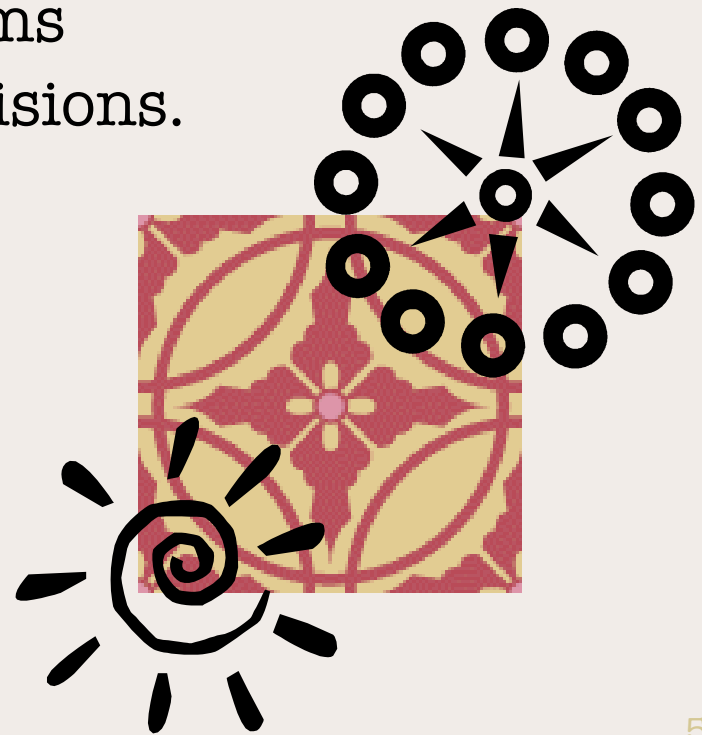


The third stage is *thinking*  
and learning how our thinking  
creates change in our lives.  
It is what we have come to  
know and understand  
about ourselves  
and the world  
through information and facts.



It is also the integration of new patterns that are the result of positive life experiences.

This stage exemplifies our skill, our ability to solve problems and to make informed decisions.



The final stage is the *actualization* of one's learning. Knowledge, skills, and attitudes (beliefs and feelings) are internalized and used to maintain positive patterns. It is what we do and how we *act* (or react) in the face of the challenges that present themselves in our day to day lives.

