



VISION

Learning is a lifelong process of engagement with our physical and social environments. When we truly understand how we learn, and subsequently change our learning institutions and approaches to support this, education and training will lead to a better future for all of us.

**“Tell me, and I will forget.
Show me, and I will remember.
Involve me, and I will understand forever.”**

Kong Qiu/
“Confucius”
(551 BC- 479 BC)

MISSION

The **How We Learn Group** will continuously strive to:

- Promote educational professionals’ and society’s understanding of **how we learn**.
- Implement best practices and educational/training methodologies that are truly consistent with **how we learn**.

“You cannot teach people anything; you can only help them discover it within themselves.”

Galileo Galilei
(1564-1642)

EXPECTED OUTCOMES

Once **how we learn** is properly understood, institutions and educational/training methodologies can be changed from current conventional methods to become more supportive of and consistent with these principles. As a result, learners of all ages and walks of life will:

- Gain knowledge and experience more effectively
- Develop greater capacity for decision making; adaptability; and engaging, purposeful communication, as well as collaboration and self-regulation
- Become more independent, curious, and self-sufficient, setting up a foundation for passionate, lifelong learning and growth
- Find greater confidence and self-worth, along with more compassion for others
- Become more productive, active members of their community who contribute to its vibrancy
- Contribute to a more peaceful and harmonious society by fostering inclusive relationships with others and between communities

“I never teach my pupils; I only attempt to provide the conditions in which they can learn.”

Albert Einstein
(1879-1955)



GUIDING PRINCIPLES OF HOW WE LEARN

Based Upon Scientific Field Research by Dr. Jean Lave and Dr. Maria Montessori

- Learning is a process of change through doing, practicing, and engaging in life with others. (Lave)
- The source and substance of learning is participating every day in all sorts of projects –work, play, family – and the ways we connect these actions across our lives is what changes who we are and what we do. (Lave)
- Learning is “going out” into the world. When learners engage in real activities in actual, lived places, it creates meaningful interactions and authentic experiences. These in turn drive curiosity, passion, and growth. (Lave, Montessori)
- Only learners can learn. (Lave) Learning needs to be learner’s choice, learner led and learner centered, concentrating on the learner’s interest or passion at that time. (Montessori)
 - An individual’s “Sensitive Period” is the period of time when he or she is curious about and/or focused on a specific experience. (Montessori)
- Effective learning often happens when learners can observe and work with more-advanced and less-advanced peers, as in apprenticeship. (Lave)
- A learning environment is a community of learners engaged in mentoring and collaborative, shared experiences. It includes learners of varying degrees of skill and talent. Learners observe others, help others, are helped by others, and work together. (Lave, Montessori)
- A learning environment is caring, supportive, sharing, respectful, and allows choice. In this environment, learners are expected to take responsibility for their actions. (Montessori)
- In a designated learning environment, a knowledgeable person continuously guides, facilitates, evaluates, and reinforces learning through observation of the individual learner and the learner’s interactions with their physical and social environments. (Montessori)
- An optimally designed, prepared environment designated for learning is clean, organized, free of clutter and distractions, comfortable, aesthetically pleasing, physically and emotionally safe, and well maintained with freedom to move around. It is equipped with materials, furniture, equipment, and technology that are appropriate and facilitating. (Montessori)