

Worksheet 4.4

Training Activities

Brainstorm: The trainer leads the participants in randomly stating words, phrases, or ideas related to a particular topic.

Case Study: Participants are given information about a situation and directed to come to decisions or solve a problem concerning the situation.

Competition: Participants compete in a game or other activity to win prizes.

Conversations/Discussions: The trainer leads the participants in free or focused discussion of a particular topic.

Creative Exercise: Participants are assigned a task that requires them to move beyond reading or discussing. There is always an end product to show, such as a skit, poem, drawing, chart, painting, collage, etc.

Lecture: The trainer presents new information to participants.

Demonstration: Participants are shown the correct steps for completing a task or are shown an example of a correctly completed task.

Problem Solving: Participants working individually or as a team are given a real-life issue or problem to resolve.

Role Playing: Individual participants in a group are assigned a part or a role to act (scripted or unscripted); is often used to learn about group processes or to understand the feelings of others.

Panels: Small groups that individually discuss an issue in front of the rest of the group under the direction of a moderator.

Debates: Participants involved in a formal contest of skill in reasoned argument.

Study Groups: Small groups that read and clarify a handout covering lecture material, answer questions, discuss specific topics, and report back to the full group.

Jigsaw Learning: Variation of study groups in which each individual in the small groups covers different aspects of the subject that they teach to or share with the other members of their small group.

Projects: Participants are assigned a task that includes building, assembling, researching, compiling, etc. Participants are given an extended block of time (during or outside of the scheduled training time) to complete the project.

Field Trips: Activity that is conducted for an educational purpose outside the classroom.

Focused Imaging: The process of internally visualizing an object, event, or situation enabling participants to relax and allow their imaginations to take them on journeys, to “experience” situations firsthand, and to respond with their senses to the mental images formed.

Storytelling: Participants are provided with a subject and asked to present a story based on the subject.

Modeling: The trainer models the concepts and skills that are being taught.

Testimony/Personal Experience: Participants or trainers give examples from their own lives to illustrate a topic or concept.