

# POSTERS IN ACTION!

lesson plans for students based on NAPE's posters

## POSTER

### Learning Knows No Bounds

## OVERVIEW

People learn by making mistakes and correcting (with feedback from others or themselves) their mistakes, that is, by practicing, through trial and error. This lesson teaches the six stages of the Natural Human Learning Process (NHLP)<sup>1</sup> and encourages a reflection on progression through the stages.

## OBJECTIVES

- Discuss the six stages of the NHLP
- Apply the six stages of the NHLP to a past learning experience
- Analyze a current goal and make a plan for mastery using the NHLP stages

## GUIDING QUESTIONS

- What is something you've learned to do?
- What is something you want to get better at, and how can you use the stages of the NHLP to help you make a plan?

## AUDIENCE

Students (*Educators, Counselors, Administrators, Parents, too!*)

## TIME

30 minutes

## MATERIALS

Handouts

*Recommended:* Realizing Potential with Mindset Toolkit, by Brown and Pollock

*Recommended:* We're Born to Learn, by Rita Smilkstien

Order copies of the poster  
**Learning Knows No Bounds:**  
[napequity.org/product/learning-poster](http://napequity.org/product/learning-poster)



**NAPE**  
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Partnerships in Equity

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**Learning Knows No Bounds**

**The Natural Learning Process**

Regardless of gender, age, race, sexual orientation, socioeconomic status, religion, language, or physical ability, **our brains all learn in the same way.**

Understanding the Natural Learning Process is critical to promoting access and equity in educational practice.

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# Lesson Plans

*\* Ensure you operate from an asset (or strengths-based) mindset and create an equitable learning environment where every student thrives.*

## DISCUSS THE NHLP

**Preparation:** Hang, project, or distribute copies of the NHLP process.

### Instructions:

1. Prompt students to think about something they've learned, and even failed at in the process of learning.
2. Walk them through the six-stages of the NHLP. Offer examples of how you use the NHLP in your classroom to help them learn.

## REFLECT ON THE NHLP

**Preparation:** Distribute copies of the "Reflect on the Six Stages of the Natural Human Learning Process" handout.

### Instructions:

1. Students will think of something they learned to do that they are now really good at and enjoy doing. They will reflect on their learning process, and take notes about what it felt like at each of the six stages.
2. After, invite students to share in small groups.
3. Debrief as a large group. Highlight how practice, failure and feedback help us learn!

## MAKE A PLAN

**Preparation:** Distribute copies of the "Make a Plan Using the Natural Human Learning Process" handout.

### Instructions:

1. Students will identify something they want to learn or are in the process of learning and then use the Natural Human Learning Process to help them make a plan to improve.
2. After, invite students to share in small groups.
3. Debrief as a large group.

## References

1 Figure 2.8 Summary of Natural-Learning Stages: Based on the results of the NHLP Research with more than 9,000 people, from "We're Born to Learn: Using the Brain's Natural Learning Process to Create Today's Curriculum" by Dr. Rita Smilkstein

# NATURAL HUMAN LEARNING PROCESS

By Dr. Rita Smilkstein



Think of something you learned to do that you are now really good at and enjoy doing. Reflect on your learning process, and take notes about what it felt like at each of the six stages.

# NATURAL HUMAN LEARNING PROCESS: REFLECT ON THE SIX STAGES

*Student Worksheet*

**Instructions:** Think of something you learned to do that you are now really good at and enjoy doing. Reflect on your learning process, and take notes about what it felt like at each of the six stages.

STAGE	DESCRIPTION	WHAT IT LOOKS LIKE	REFLECTIONS
1 <b>Motivation</b>	<i>Responding to stimulus in the environment</i>	Watched; observed; had to; interest; desire; curiosity	
2 <b>Beginning Practice</b>	<i>Doing it</i>	Practice, practice, practice; trial and error; ask questions; consult others; basics; make mistakes; lessons; some success	
3 <b>Advanced Practice</b>	<i>Increase of skill and confidence</i>	Practice, practice, practice; trial and error; some control; reading; encouragement; experiment; tried new ways; positive attitude; enjoyment; lessons; feedback; confidence; having some success; start sharing	
4 <b>Skillfulness</b>	<i>Creativity</i>	Practice; doing it one's own way; feeling good about yourself; positive reinforcement; sharing knowledge; success; confidence	
5 <b>Refinement</b>	<i>Further improvement</i>	Learning new methods; becoming second nature; continuing to develop; different from anyone else; creativity; independence; validation by others; ownership; habit; teaching	
6 <b>Mastery</b>	<i>Broader application</i>	Greater challenges; teaching it; continuing improvement or dropping it; feeds into other interests; getting good and better and better; going to higher levels	

# NATURAL HUMAN LEARNING PROCESS

By Dr. Rita Smilkstein



Think of something you want to learn or are in the process of learning. Use the Natural Human Learning Process to help you make a plan to improve!

# MAKE A PLAN USING THE NATURAL HUMAN LEARNING PROCESS *Student Worksheet*

**Instructions:** Think of something you want to learn or are in the process of learning. Use the Natural Human Learning Process to help you make a plan to improve!

STAGE	DESCRIPTION	PROMPTS	REFLECTIONS
<b>1 Motivation</b>	<i>Responding to stimulus in the environment</i>	<ul style="list-style-type: none"> <li>– What is something you want to learn?</li> <li>– What is motivating you to learn it?</li> </ul>	
<b>2 Beginning Practice</b>	<i>Doing it</i>	<ul style="list-style-type: none"> <li>– How will you start to practice?</li> <li>– Who can you ask for help?</li> <li>– Where can you learn some lessons?</li> </ul>	
<b>3 Advanced Practice</b>	<i>Increase of skill and confidence</i>	<ul style="list-style-type: none"> <li>– How will you improve your skill through practicing?</li> <li>– What is something else you can read or study to help you learn more?</li> <li>– Who can you ask to provide you feedback to help you improve?</li> <li>– Who will you share your learning with?</li> </ul>	
<b>4 Skillfulness</b>	<i>Creativity</i>	<ul style="list-style-type: none"> <li>– How will you begin to express your creativity and ingenuity while practicing?</li> <li>– How will you share your knowledge with others?</li> <li>– Who will you ask for encouragement?</li> </ul>	
<b>5 Refinement</b>	<i>Further improvement</i>	<ul style="list-style-type: none"> <li>– How will you become independent in your practice?</li> <li>– How will you refine your skill and learn new methods?</li> <li>– How will you practice the skill in a way that feels like a habit?</li> </ul>	
<b>6 Mastery</b>	<i>Broader application</i>	<ul style="list-style-type: none"> <li>– How will you parlay this skill into learning another?</li> <li>– How will you teach others how to learn the skill?</li> <li>– How will you take on greater challenges of the skill?</li> </ul>	

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NAPE provides training, tools and resources, and technical assistance to improve student outcomes. Understanding the Natural Learning Process is critical to promoting access and equity in educational practice.

The Natural Learning Process is adapted from: Smilkstein, R. We're born to learn: using the brain's natural learning process to create today's curriculum, Corwin 2011.



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