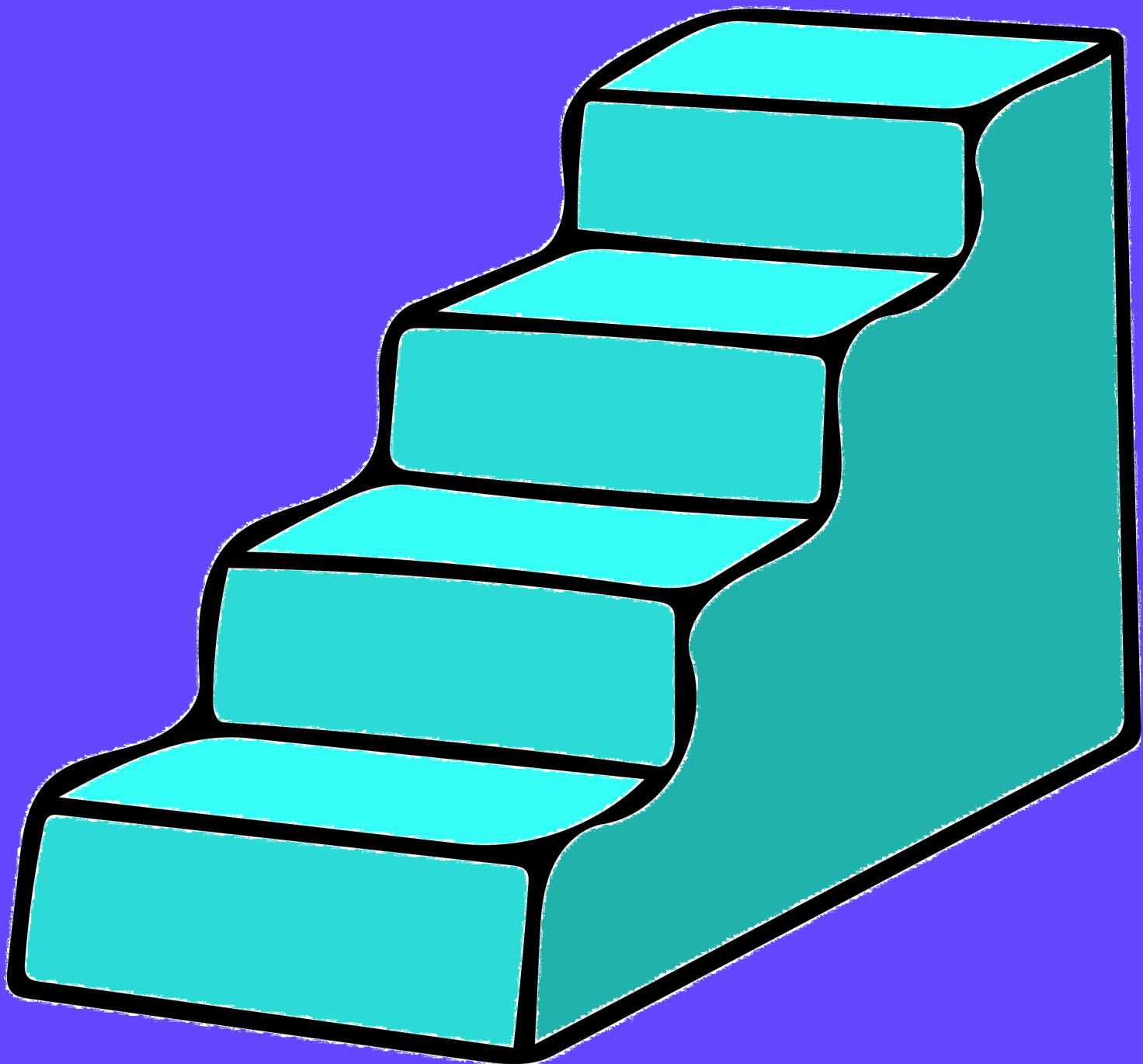


Levels of Learning

**“Learning is not just knowing what to do,
but doing what you already know.”**

- Nourma F Fauziyah



The Four Levels of Learning

Directions: Below are the four levels we go through when we are learning something new. We must first become aware of the things we do not know before we can become a master at things in life. Fill in the blanks on the chart below while you are listening to

The Steps of Learning

Step 4: Unconscious Competent

When something becomes a _____ or you do it automatically.

Step 3: Conscious Competent

You know _____ to do something, but you have to _____ through the process

Step 2: Conscious Incompetent

You _____ what you don't _____.

Step 1: Unconscious Incompetent

You _____ know what you _____ know.

Highlights

The fourth basic, the **four levels of learning**, are the way we process, learn, and remember new information and habits.

Conscious means having knowledge of something or **being aware**. Here are a few things we are conscious about when we do them. People can consciously add or subtract, choose the food they want to eat, and they consciously pick the clothes they put on each day.

"Un" is a prefix that comes before the root word conscious. "**Un**" means **not**. Therefore, **unconscious** means you do NOT have the knowledge or you are **NOT aware**. Here are some things we do at the unconscious level. We know how to use a fork or a spoon, breathe, and walk.

Competent means to have a skill or to be **able to do something**. Some skills that most of us are competent of doing are brushing your teeth, adding and subtracting, riding a bike, or even singing the lyrics of your favorite song.

When you add the prefix "in" to the root word, it means **NOT**. **Incompetent** means not capable or **not able** to do a skill. Some things a lot of people are incompetent at doing are speaking Portuguese, driving a motorcycle, flying an airplane, or maybe martial arts. The cool thing is if you wanted to, you could learn how to do almost all of the things you are incompetent at.

The four levels of learning are like **steps**. In order to get to the next step, you have to go through the previous step. The higher you climb up the steps the better of an understanding you have.

The first level of learning is called **unconscious incompetent**. That means you **don't know** what you **don't know**. This means that there are so many things out there in this world, you may not even be aware of the things you do not know about.

The second level of learning is **conscious incompetent**. You **KNOW** what you **DON'T** know. This stage of learning is very common and as we are all aware of things we currently do not know how to do.

In addition to helping create our habits or skills, the levels of learning also help us to understand and improve our thoughts. Many of us have negative self-talk, which means we tell ourselves negative comments, which get in our way of pursuing our goals and dreams. Some people will say to themselves, "I'm too young, I'm not fast enough or I'm not smart enough." Now that you **KNOW** we each need to be using positive self-talk with ourselves, you can work towards moving to the 3rd level of learning.

The third level of learning is **conscious competent**! When you are at this level **you know how** to do something, but **you have to think** through the process. This is the level many of us spend most of our time at because we are all learners. Each and every day we are learning and growing and getting better and better at improving our thoughts, habits, and skills. The exciting thing is you'll catch yourself and begin to correct and change those negative thoughts and habits.

The 4th level is the **unconscious competent** level. This is when things become **automatic** or a **habit**. This is ultimately where you want to be. Depending on the habit and your willingness to learn and change will determine how long it takes you to get this level. But keep in mind that we are always learning and growing. Just because you think you "got it" or mastered something does not mean you know it all. There is **ALWAYS** room to grow and learn more.

Like a flower, you are either growing or dying. Flowers can either be growing and producing new leaves and blooms or they are wilting and drying up. We are the same way. We are either growing and seeking to learn new information or we have stopped learning and growing. We aren't literally dying, but we have stopped doing the things to help us grow or strengthen our minds.

Practicing Prefixes

Directions: Use the prefixes in the box below in order to help you fill in the blanks. The first box shows you where the prefix, root word, and meaning of the words go in each box.

Prefixes			
un - not	re - again	pre - before	mis = wrong

Prefix	Root Word	un	conscious
Meaning of Word		not conscious, not aware	
			use
		to use wrong	
re	play	pre	test
			do
		to do something again	
mis	spell		able
		not able	
			school
		before school	

Directions: Use the prefixes and root words below in order to create new words.

Challenge Try to use each prefix and each root word only one time!

PREFIXES			ROOT WORDS		
under-	im-	pre-	pare	stand	read
re-	mis-	un-	do	possible	tie

Prefix	Root Word	New Word

Match the Levels

DIRECTIONS

1. Below on the left hand side are the four levels of learning
2. Match the level of learning with it's definition on the right hand side.

_____ Unconscious Incompetent

_____ Conscious Incompetent

_____ Conscious Competent

_____ Unconscious Competent

A. You know how to do something, but you have to think through the process.

B. You don't know what you don't know.

C. When something becomes a habit or you do it automatically.

D. You know what you don't know.

DIRECTIONS

1. Below on the left hand side are examples of activities different people are doing.
2. Decide what level of learning each person is at in the activity they are completing.

_____ Tara is learning how to ride her bike. She knows how to get on her bike, start peddling, and keep her bike moving without falling over. She has to think about peddling and staying on her bike as she is riding her bike.

_____ Isaac read an article in the newspaper about people who know how to play the piano and how it helps them to learn math faster. Isaac does not know how to play the piano, but he wants to learn how to play.

_____ Rachel lived in Colorado until she was 13 years old. When she lived in Colorado her family went skiing all of the time! Rachel is 17 now and was invited to go skiing for the first time since she moved away from Colorado. She gets to the top of the mountain and is able to ski effortlessly and without thinking.

_____ Today when Terrance goes to class his teacher is going to teach the class about the square roots of numbers. Terrance has never heard of square roots and has no idea they even exist.

A. Unconscious Incompetent

B. Conscious Incompetent

C. Conscious Competent

D. Unconscious Competent

Acrostic Poem

DIRECTIONS: Write down things you are good at that start with each letter below. For example, if the letter given is a C maybe you are good at cooking, chess, cheering on friends, or collecting coins.

C

O

M

P

E

T

E

N

T
