



*2-5: Employing The Four-step
Method Of Instruction As It
Relates To Cognitive Training*

Four-step Method of Instruction

- Consisting of four-steps
 - Preparation
 - Presentation
 - Application
 - Evaluation

Step 1: Preparation

■ Purpose

- Preparing and motivating the students
- Establish lesson relevancy to the audience

■ ACID acronym can be use

- Attention - Attract
- Curiosity - Arouse
- Interest - Create
- Desire - Stimulate

Preparation Techniques

- Relate the new lesson to a previous lesson or knowledge the student has already mastered
 - **Begin**
 - **Association**
 - **Students**
 - **Experiences**
- Ask rhetorical or overhead questions

Step 2: Presentation

■ Purpose

- New information and ideas are presented

■ Techniques for presentation

- Select appropriate presentation technique
- Explain concepts, philosophies, principles, and implications
- Proceed from known to unknown material, simple to complex
- Use textbooks or other reference material
- Apply active learning principles

Step 3: Application

- Most important step
- Can be combined with presentation
- Purpose
 - Greatly improves retention of information
- Techniques for application
 - Questions
 - Discussions
 - Activities
 - Assignments

Step 4: Evaluation

- Purpose
 - To evaluate the learning process
- Methods of evaluating cognitive lessons
 - Written or oral tests
 - Assignments
- To determine if improvements or changes are needed to the lesson