HOW TO ACTIVATE YOUR LESSONS

- **Keep it simple**
  - Define your learning objectives and stay true to them!
  - Break content into smaller segments and allow the learner to control the pace of the lesson.
  - If the content doesn’t support the instructional goal, it should be removed.

- **Stay focused**

- **Discrete learning**
  - Organization is key; make use of headings, subheadings, and bullet points.
  - Keep text in paragraphs simple. Use short sentences with no unnecessary words.
  - Can you turn that text into an image, infographic, or question?

- **Break up text**

- **Make it visual**
  - Reading is inefficient for us! We remember far more of what we see than what we read.  
  - Can you say what you need to with an image?
  - Use color, contrast, and placement to direct your learners’ attention.

- **Can you picture it?**

- **Try low-stakes assessment**
  - Reading and rereading improves processing fluency, but has not been shown to improve recall/retrieval.
  - Assess early and often with low-stakes questions to practice retrieval and enhance retention.
  - Provide feedback that can be implemented immediately.

- **Ask questions**

- **Connect & reflect**
  - Provide opportunities for learners to self-monitor and make lessons their own.
    - Design a research project
    - Brainstorm analogies and scenarios
    - Create a visual or auditory representation
    - Make a critique
    - Build a mind map

References:
- http://www.malcolmwaring.org/ - Complex science and engineering
- http://www.bbc.co.uk/ - Real examples
- https://example.com/ - More resources
- https://example.com/ - Build a mind map