

» **Fourth** Edition



» *Active* Training

A Handbook of Techniques,
Designs, Case Examples, and Tips

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Table of Contents

[Title Page](#)

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[Acknowledgments](#)

[Preface](#)

[The Goals of This Book](#)

[How This Book Is Organized](#)

[Part One: Introducing Active Training](#)

[The Nature of Adult Learning](#)

[The Social Side of Learning](#)

[Concerns About Active Training](#)

[The Delivery of Active Training](#)

[Part Two: Designing an Active Training Program](#)

[Steps for Designing Active Training](#)

[What's in the Part Two Chapters?](#)

[Chapter One: Assessing Training Needs](#)

[Why Do Assessment?](#)

[What Information Should Be Collected?](#)

[How Can Information Be Collected?](#)

[What If There Is No Time to Do a Proper Assessment?](#)

[Chapter Two: Developing Active Training Objectives](#)

[Setting Learning Goals](#)

[Selecting Objectives](#)

[Specifying Objectives](#)

[Expressing Objectives](#)

[Communicating Training Objectives to Others](#)

[Chapter Three: Creating Opening Exercises](#)

[What Opening Exercises Accomplish](#)

[What to Keep in Mind When Creating Opening Exercises](#)

[Ten Ways to Open an Active Online Virtual Training Session](#)

[Ten Ways to Obtain Participation](#)

[Chapter Four: Preparing Brain-Friendly Presentations](#)

[Five Ways to Gain Your Audience's Interest](#)

[Five Ways to Maximize Understanding and Retention](#)

[Five Ways to Involve Participants During a Presentation](#)

[Five Ways to Reinforce Presentations](#)

[An Example of a Well-Designed Presentation](#)

[Chapter Five: Finding Alternative Methods to Presenting](#)

[Demonstration](#)

[Case Study](#)

[Guided Teaching](#)

[Group Inquiry](#)

[Information Search](#)

[Study Group](#)

[Jigsaw Learning](#)

[Learning Tournament](#)

[Applying the Alternatives to a Common Topic](#)

[Chapter Six: Using Experiential Learning Approaches](#)

[Role Playing](#)

[Games and Simulations](#)

[Observation](#)

[Mental Imagery](#)

[Writing Tasks](#)

[Action Learning](#)

[Chapter Seven: Designing Active Training Activities](#)

[The Three Major Ingredients of Any Design](#)

[Basic Questions About Any Design](#)

[The Remaining Details](#)

[Three Tips for Creative Designs](#)

[Chapter Eight: Sequencing Active Training Activities](#)

[Basic Sequencing Guidelines](#)

[Applying Sequencing Guidelines](#)

[The Finer Side of Sequencing](#)

[Experiential Learning Sequences](#)

[Chapter Nine: Planning Active Training Programs](#)

[The Macrodesign of an Active Training Program](#)