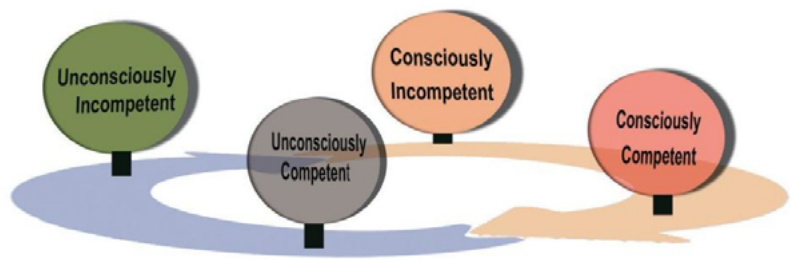


What is the Skill Learning Cycle?

Before you learned to ride a bike, you were completely unaware of what bike riding was all about (*Unconsciously Incompetent*), then you climbed on the bike for the first time & you were very aware of not knowing how to ride that vehicle (*Consciously Incompetent*.) Through persistent practice, you made your first trip unassisted down the street, but you were very aware of everything you had to do to keep that bike moving (*Consciously Competent*.) Eventually, riding a bike became automatic; years later, you could climb on a bike & your body would remember how to ride (*Unconsciously Competent*.)



After learning to ride, you might have decided to learn how to skate & the cycle begins again.

Stages of Change		Needs
Unconscious Incompetence	Unaware Denial or minimizing of problem Belief the task is easy Belief the task is irrelevant	Role Model
Conscious Incompetence	Knows there is a problem Ready to be taught	Teacher
Conscious Competence	Makes daily effort to change but attempts look & feel artificial, clumsy May confuse steps	Supervisor
Relapse	Returns to previous behaviour accompanied by guilt, denial or challenge	Encourager
Unconscious Competence	Change has occurred & become automatic Forgets the steps	Mentor

As in all student-centered techniques, this model may be expanded or reduced depending on the background skills of the learner.

For some great resources on clinical teaching please see:

Clinical Teaching Tips: Resources for Family Physician Teachers

Clinical Teaching Tips: Resources for Royal College Specialists in Community Practices

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