

An instructional session can be divided into three components:

1. Set
2. Body
3. Closure

Set

The purpose of the Set is to **prepare the learners to learn**. (Ready, SET, Go!) People come to an instructional session with many things on their minds so in the Set, the teacher focuses the learners' **attention**, orients them to the objectives, & prepares them to participate in instruction.

Mood:

People generally learn best in a relaxed, comfortable, non-threatening situation that has high expectations & standards. Threatening students & intimidating are counter-productive as would be a too friendly or casual approach. A positive environment is one that is both challenging & supportive.

Motivates:

The teacher motivates by including some unusual way to get the attention of learners, displaying enthusiasm for the content, &/or arousing curiosity with a clinical problem. Letting learners know why they are learning something enhances motivation. Even if you think the value is obvious, ensure your learners understand the **purpose & utility** of the lesson. Teachers can simply tell learners why they are learning something, but more effectively, teachers can involve learners in an activity such as exploring a clinical scenario or meeting a patient that would help to demonstrate the usefulness of what they are about to learn.

Objectives:

Most importantly, in the Set, let the learners know what the objectives for the session are. People learn best if they know what is expected of them. Either explain the objectives verbally, write them on the board, or include them in a handout, but always (except in rare instances), always let the learners know as specifically as you can, what they are supposed to get out of your session(s).

Roles:

At the beginning of the session, it is important, particularly if you are going to be trying something a little new or different, to let the learners know the roles that they will be taking. Is this to be a passive listening session, an opportunity to ask questions, a group problem-solving/tutorial type lesson, or what? In the Set, teachers let learners know what they are expected to do during the instructional session.

So, in the Set, the teacher creates the **Mood**, begins to **Motivate** the learners, gives the **Objectives**, & prepares the learners for their **Role** during the session. Your Set should make learners want "**MMOR**" of what you have to teach them. Including a well-developed Set will have a huge & immediate effect on the teaching & learning process.