

# Planning a Group Learning Session

## Box 6.8 How to plan a group learning session

You can use the following checklist to plan your group session.

- 1 What specific kinds of learning do I want to promote during the session (see box 6.4)?
  - **Factual knowledge** – specific facts about the health topic that they need to make informed decisions
  - **Decision-making or problem-solving skills** – how to make decisions, e.g. plan a diet, organize a budget, set objectives for life, choose the best form of exercise
  - **Communication skills** – e.g. assertiveness, discussing sensitive issues, getting their point across to health workers, communicating with their children, etc.
  - **Psychomotor (manual) skills** – e.g. preparing and cooking foods, using a blood-pressure monitor, massage techniques, measuring blood-sugar level, etc.
  - **Attitudes** – e.g. sensitivity to the needs of others, importance of taking regular exercise, diet, talking to your baby, etc.
- 2 How many people should I involve in the group? Who will be the participants?
- 3 How will I present the information? Will I use a visual aid (e.g. overhead projector or PowerPoint)?
- 4 How can I make the presentation interactive to avoid it seeming like a lecture?
- 5 How will I trigger discussion and participation? Will I use a group task or a trigger video?
- 6 How will I structure the time in the session? How long will the session last? What will be the balance of time between presentation of information and participatory activities? How much time should I leave for questions and summarizing main points?
- 7 How will I split up the group into smaller groups?
- 8 How will I manage the feedback from the group sessions?
- 9 What kind of follow-up would I want from the session and how can I encourage it?
- 10 How can I evaluate it? What questions or activities could I include that would tell me what people have learnt from the session?

## Activity 6.5

Use the checklist provided on the next page to prepare a plan for a one-hour group session on one of the following: managing blood pressure, increasing fruit and vegetable consumption, dealing with problems of dog fouling on children's playgrounds or reducing the risk of falls among elderly people.