



## AMALA COLLEGE OF NURSING AQAR (2022-2023)



### CRITERION 2 – TEACHING- LEARNING AND EVALUATION

#### Key Indicator 2.3 – Teaching- Learning Process

Metric No. 2.3.1. - Student-centric methods are used for enhancing learning experiences by:

SUBMITTED TO



**National Assessment and Accreditation Council**

## Experiential learning

## EXPERIENTIAL LEARNING

Experiential learning focuses on creating experiences that have a practical application of knowledge and skills to real-world experiences to increase learner's knowledge and develop competence in skills and behaviors. According to the Association for Experiential Education, experiential learning can be summed up in the phrase "challenge and experience followed by reflection and application leading to learning and growth."

The concept of experiential learning was first explored in education and learning context by John Dewey, Kurt Hahn, Kurt Lewin and Jean Piaget, among others. It was made popular by David A. Kolb.

### Experiential Learning can be defined as one that:

- Combines direct experience with focused reflection.
- Builds on past knowledge and experiences.
- Requires active involvement in meaning construction.
- Encourages collaboration and exchange of ideas and perspectives.

## PROCESS

The basic model of experiential learning cycle is "Do Reflect Decide".

Kolb's Experiential Learning Theory (David Kolb, 1984) defines experiential learning as "the process whereby knowledge is created through the transformation of experience. Knowledge results from the combination of grasping and transforming experience

### Kolb's Experiential Learning Cycle

Kolb's Experiential Learning Theory presents a cycle of four elements

1. Concrete Experience
2. Reflective Observation
3. Abstract Conceptualization
4. Active Experimentation

Kolb described two different ways of grasping experience:

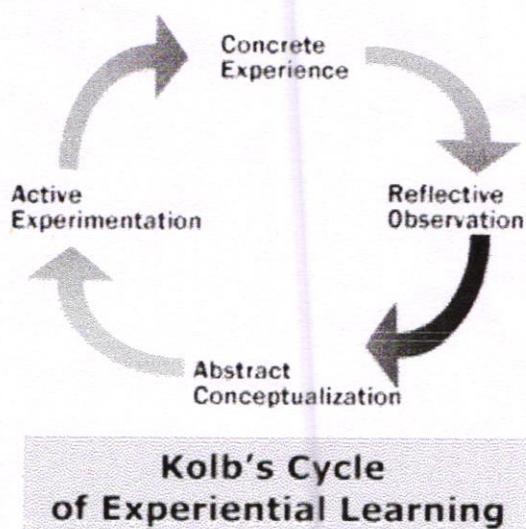
1. Concrete Experience
2. Abstract Conceptualization

He also identified two ways of transforming experience:

1. Reflective Observation
2. Active Experimentation



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### Stages of Experiential Learning Cycle

#### 1. CONCRETE EXPERIENCE:

Concrete experience describes the hands-on experiences that we learn from. It's here that we try new things, face problems and step out of our comfort zone. These experiences could be anything in our personal or professional lives. It's through experience that we get to learn from our successes or failures.

#### 2. REFLECTIVE OBSERVATION

Next we need to reflect to learn from our experiences. The 'reflective observation' phase of the experiential learning cycle is all about reflection on the experiences which include both action and feelings. It's during this stage that we ponder on the experiences. We get to reflect on what went right and what could be improved? It's also a chance to observe how it could have been done differently and to learn from each other.

#### 3. ABSTRACT CONCEPTUALIZATION

Once we have identified and understand the defining characteristics of an experience, we can decide on what we can do differently next time. This is a time for planning and brainstorming steps for success.

#### 4. ACTIVE EXPERIMENTATION

The active experimentation phase of the learning cycle is where we get to experiment with our ideas. It's time to put our plan of action to the test in the real world!



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**AMALA COLLEGE OF NURSING, THRISSUR**  
**MENTAL HEALTH NURSING**

Name of the faculty: Mrs Bincy AP

Date : 10.10.2022

Subject : Mental Health Nursing

Batch : 2019

Teaching Method : **Experiential learning**

It is an active engaged process through which students learn by doing and reflect on their experiences

**DEMONSTRATION-yoga posture**



Latitude: 10.562537  
Longitude: 76.167291  
Elevation: 15.8m  
Accuracy: 17.2m  
Time: 30-03-2022 12:34  
Note: yoga

**Signature of Principal**



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**MENTAL HEALTH NURSING**

Name of the faculty: Mrs Bincy AP

Date : 1.02.2022

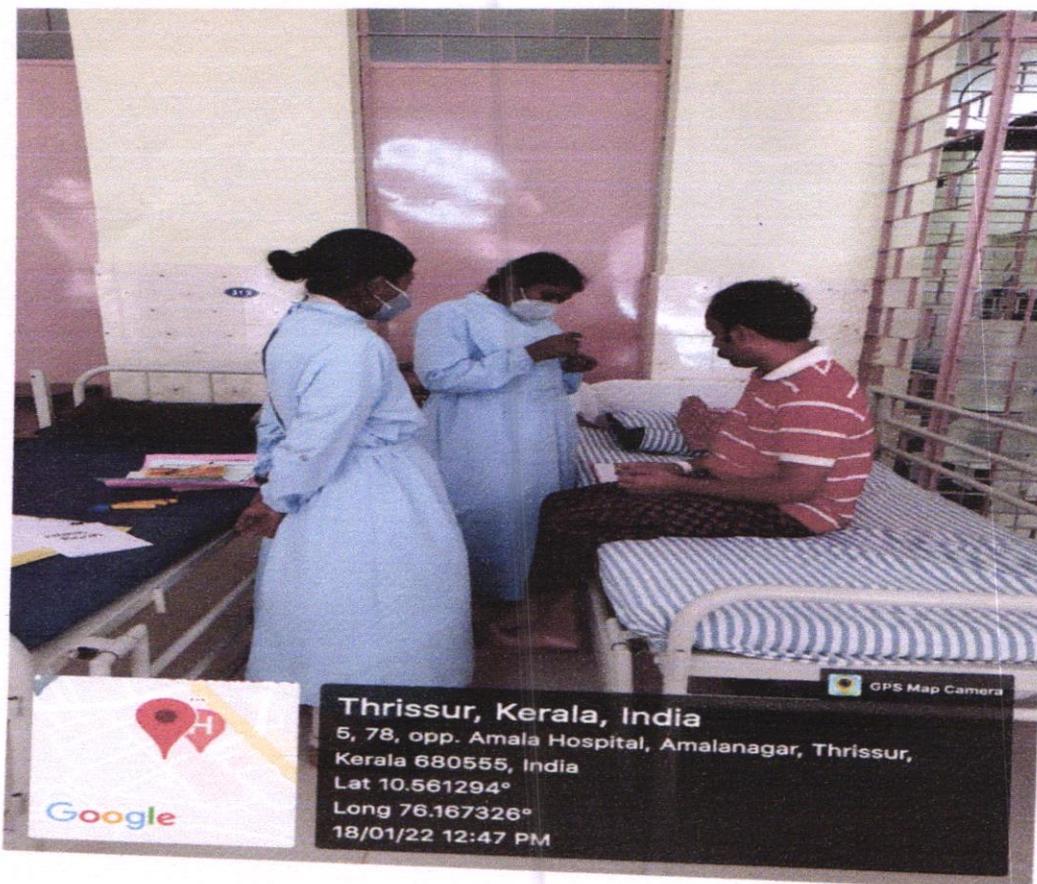
Subject : Mental Health Nursing

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**CLINICAL EXPERIENCE**



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**Signature of Principal**

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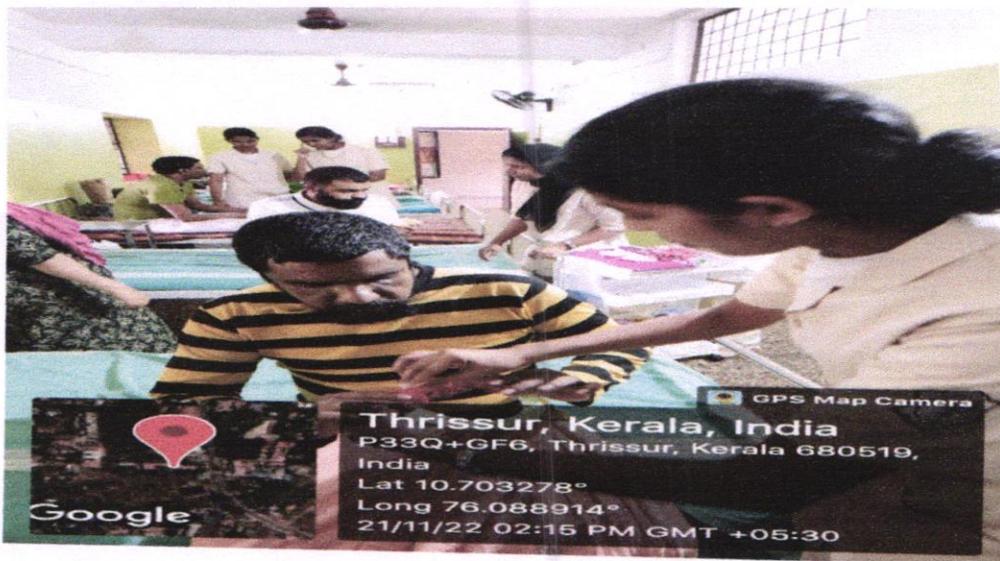
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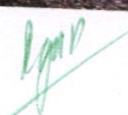
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