

Figure 4.2: Sample Learning Progression for Procedural Knowledge—Inhibitory Control

Procedural Knowledge: <i>Inhibitory Control</i>		
	Criteria	Learning Plan
Acquisition	<p>List the steps or describe the process.</p> <p>Explain when to use the process.</p> <p>Explain why to use the process.</p>	<p>What are the steps involved in performing this process?</p> <ol style="list-style-type: none"> 1. Recognize that a situation requires inhibition. 2. Pause and remember your current goal. 3. Calm your body by taking a deep breath or closing your eyes for a moment. 4. Write down or say out loud what you are going to do next. 5. Do what you decided to do. <p>Is the order of the steps important?</p> <p>Yes and no. Some steps, like breathing, pausing, and remembering, the goal can happen throughout. Others need to occur in order.</p> <p>When is it appropriate to use this process?</p> <p>When making important decisions</p> <p>During conflicts or disagreements</p> <p>When distractions occur</p> <p>When feeling strong negative emotions, like anger or fear</p> <p>Why is it advantageous to use this process?</p> <p>Inhibitory control can prevent choices with unhealthy or dangerous consequences. It can also promote appropriate and constructive social interactions.</p>
Shaping	<p>Perform the process without errors.</p>	<p>What are common errors made when performing this process?</p> <p>Forgetting to pause (and therefore acting impulsively)</p> <p>Not recognizing that inhibitory control is needed</p> <p>Allowing one's emotions to override one's thinking</p> <p>Being too inhibited or paralyzed (unable to make a decision or select an action)</p> <p>How can errors be avoided when performing this process?</p> <p>Practice mindfulness on a regular basis so calm breathing becomes a habit.</p> <p>Review goals frequently so it is easier to remember them.</p> <p>Manage stress in one's life through appropriate boundaries and personal wellness.</p>
Internalizing	<p>Perform the process at the appropriate rate.</p>	<p>Do I need to learn this process to automaticity, or is controlled processing enough?</p> <p>Automaticity</p>
Utilization	<p>Complete a complex task using this knowledge.</p>	<p>How would this knowledge be used in the real world or in a grown-up job?</p> <p>I am managing my finances. I want to adhere to my budget and invest my savings wisely to create financial stability for myself and my family.</p>