**Activity 2.5 – Stop & Jot**

***Phases of Learning***

***Workbook***



For each phase of learning, identify one of your own skills you believe fits that phase. Why?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Acquisition | Fluency | Maintenance | Generalization |
| Skill 🡪 |  |  |  |  |
| Why? 🡪 |  |  |  |  |