

TOOLBOX

KOLB'S LEARNING CYCLE

How is this tool used?

This learning cycle is used to facilitate effective learning by detailing a process by which you can learn new skills and knowledge. Kolb states that reflective practice is an important component of learning as it helps you identify inconsistencies and develop new ideas and approaches.

To use the cycle, progress through each stage – you can enter the cycle at any stage and then follow the progression. It is a cyclic process meaning, for example, that active experimentation will lead to the next concrete experience, from which the circular flow continues. This can happen over a short period of time, or across a longer duration.

