The 4-A Model is a tool to guide the process of creating both a learning task and the learning event as a whole. Together, the four components of the model complete a learning cycle. You decide which parts are appropriate for any learning task or a workshop you design. Generally, a learning task requires at least an ADD and an APPLY step, and a learning event will start with an ANCHOR and end with an AWAY.

**The 4-A Learning Sequence**

One effective sequence of a learning task is to use this sequence

- **ANCHOR** — a task that has the learner access their own prior knowledge or experience with the topic/content or similar experience (i.e., “Describe your best learning experience of…”)
- **ADD** — a task that has the learner hear/see/experience a substantive new piece of content: information, research, theory, skill (i.e., this can be with PowerPoint, film clip, demonstration, etc.)
- **APPLY** — a task that has the learner do something (there and then) with the new content (i.e., practice, application, case studies, compare, etc.)
- **AWAY** — a task that connects the new learning back to the life of the learner and its future use (i.e., a personal action plan, commitment, projection into future, etc.)

**Example of a 4-A Learning Sequence Task**

- **ANCHOR** — With a neighbor, describe one challenge you’ve encountered in maintaining a healthy diet.
- **ADD** — Watch this short Prezi that describes five habits that can help you maintain a healthy diet.
- **APPLY** — Review weekly menu of the Smith Family and suggest two changes that would make it healthier.
- **AWAY** — Name one change that you might make in the future to eat more healthily.
## 4-A Template

**Content**

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**Learning Objective(s)**

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**Anchor**

A task that has the learner access their own prior knowledge or experience with the topic/content/or similar experience (i.e., “Describe your best learning experience of…”)

**Add**

A task that has the learner hear/ see/ experience a substantive new piece of content: information, research, theory, skill (i.e., this can be with PowerPoint, film clip, demonstration, etc.)

**Apply**

A task that has the learner do something—there and then—with the new content (i.e., practice, application, case studies, compare, etc.)

**Away**

A task that connects the new learning back to the life of the learner and its future use (i.e., a personal action plan, commitment, projection into future, etc.)