

THE 4 D COACHING MODEL

HOW TO IMPROVE LEARNING POWER

CENTER FOR HOMESCHOOLING ACTIVITIES FOR EACH COACHING STAGE

1. Discover

Learn where you are

- Gather facts and complete the LSA - create baseline
- College Readiness - Where are you on LMM? Reality Check
- Observe and talk about strategies
- Begin recording current practices
- Think about - What is working? What needs to improve?
- Focus on willingness to change
- Look for opportunities, early wins
- Start to discuss and explore metacognition and thinking about thinking

2. Dream

Motivate with positive vision

Exciting vision of your future
My Opportunity Statement
Conversations on Amazing Brain
Improve Family Values on Learning
Identify the positive emotions of living in the preferred future
Emphasize the benefits to the child
Learn more - study less
The many possibilities when you can learn anything you want to
Focus on creating positive emotion

3. Design

Design your first plan

- Conversations - the LSA and LMM
- Opportunity Finding
- Agree on first steps to get wins
- Explore more learning strategies
- Identify first strategies to improve
- Formalize the plan in writing
- Track progress with Journaling
- Begin weekly SPR - study planning and review and keep momentum

4. Destiny

Put plan into action

- Deliver on new image of the future
- Coach ongoing efforts
- High momentum sustained by a collective sense of purpose
- Become Self-Scientists - practice continuous learning, adjustment, and improvisation. Have fun!
- Virtuous cycle - first success feeds more success
- Celebrate successes
- Continuous improvement - loop back to new better Discovery stage