

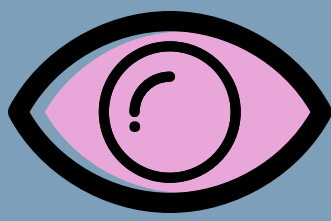
# THE THREE STAGES OF LEARNING

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## 1. The Cognitive Stage

This is the stage where we watch and listen before hesitantly starting to practice the new skill. By practicing, we start to build a network in our brain for the new skill.



## 2. The Associative Stage

During the Associative stage, the brain is starting to form a messaging shortcut for every time that you try to do the new skill. As we practice over and over, we learn from our mistakes and the network that is being created is perfected.



## 3. The Autonomous Stage

The Autonomous stage is when it feels 'effortless' when we perform the new skill. This happens when as we practice, pathways called axons that are most often used to perform the skill start to transform. The increased activity attracts the attention of cells that are called oligodendrocytes. The cells wrap their branch like extensions around the axon to form a myelin sheath. This sheath is called 'white matter' and is the key to making the skill 'effortless'. The white matter increases the speed of the electrical signals, transmitting the information 100 times faster. This is what creates the sense of everything clicking into place.



Bibliography - 6:19 - 13:37 of Chris and Xand Van Tullken's documentary: **The Human Body: Secrets of your life revealed**, Season1 episode3 - Learn