

Experiential Learning

General

Experiential learning is a **cycle learning theory** developed by [David Kolb](#) in 1980s and was inspired by earlier works of Kurt Lewin. As it was developed within humanist ideas, experiential learning offers a **holistic perspective on learning** and is orientated mostly on adult learning.

What is experiential learning?

In his influential book "Experiential Learning: Experience As The Source Of Learning And Development" (1984) Kolb describes learning as "the process whereby knowledge is created through the transformation of experience". In order to be effective, learning should therefore incorporate following **four stages**:

- **Concrete experience** (practical experiencing through doing)
- Reflective observation (actively **observing** experience and its outcomes)
- Abstract conceptualization (concluding and **thinking** about the experience)
- **Active experimentation** (planning on how to test a new model or theory)

Mentioned **stages follow one after another** forming a circle as they were introduced above, yet the process of **learning can begin in any of them**. Still, every learner develops strengths in some of mentioned stages more than in others and learn better in those conditions, what results in four **learning styles** identified also by Kolb:

- Assimilator (prefers **abstract conceptualizations** and theoretical models)
- Converger (prefers **practical applications** of concepts and theories he learns)
- Accommodator (prefers **practical experiences** with concepts and theories he learns)
- Diverger (prefers learning through observing and **collecting information**)

Relations between learning styles and learning stages can best be viewed through a [graphical representation](#).

In order to identify preferred learning style in Kolb's model, "**learning style inventory**" method has been developed. This **method for determining an individual's optimal learning style**, strengths and weaknesses consists of a survey which explores one's perceiving (how one prefers to acquire information) and processing (how one makes sense of new things).

What is the practical meaning of experiential learning?

Experiential learning is a model suggested for adult learners. General implications of this model are that teaching/learning process should consist of all four stages of Kolb's model, but it also suggests individual changes should be applied, depending on learners learning style.

- Assimilators - prefer watching, thinking and good explanations of theories and ideas to practical

experiences. This kind of learners usually enjoy lectures and readings as well as having enough time to think about new ideas.

Keywords and most important names

Bibliography

[Experiential Learning \(Kolb\) at Learning Theories.](#)

[TIP: Theories. Experiential Learning.](#)

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Read more

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Last update: **2023/06/19 15:49**

