

Chapter Three - Relating Theory to Practice

Box 3.1 Family Life Education is Most Effective When It.....

- ◆ promotes the functions of healthy family systems
- ◆ supports and encompasses the family in its unique social and cultural context
- ◆ reinforces family efforts
- ◆ is sustained and comprehensive (overtime, over life experiences)
- ◆ focuses on prevention rather than remediation
- ◆ builds in levels of learning that encourage personal transformation and behavioral/attitudinal change
- ◆ includes at least 15-18 hours of learning experience, followed by options for long-term reinforcement
- ◆ incorporates learning activities for all learning styles
- ◆ engages the learner in praxis (action with reflection)
- ◆ applies information to personal life experience and demonstrates immediate usefulness
- ◆ respects learners' experiences, culture, and values orientation
- ◆ models learning skills and invites discussion/commentary
- ◆ uses small-group discussion format
- ◆ is well prepared and up-to-date
- ◆ involves short "lectures" followed by prepared learning activities and discussion
- ◆ is based on assessed needs of group