Effective Lesson Techniques
Choosing Adequate Activities

That there is one method of teaching to be used exclusively in other techniques does not exist. All methods are efficient in presenting a faith message and facilitating a learning experience to students. Because more appropriate and effective techniques exist in some stages of age, it is essential to use a variety. Teaching is much more than verbal communication.

Catechist should have no fear in experimenting new methods, ideas or of trying different ways that would better work with their group of students. Once you find a method that works, you can incorporate this method into your teaching techniques. Choosing appropriate methods depend on your goals and objective for a lesson. When choosing a selection of techniques for a lesson remember the 3 learning methods of a person.

A lesson plan should include variety of methods and it should reflect the following 3 techniques:

**Cognitive:**
Acquired ideals, assimilate the acts, and understand its content:

- By asking questions
- Giving details
- Using memorization
- Lecture
- Conversation

**Affective:**
Through our feelings and attitudes:

- Real life story telling
- Sharing our joys and sorrows in light of our faith

**Behavior:**
Through our own actions and experience:

- Prayer
- Liturgy participation
- Christian service
- Public testimony
- Rites
- Sacramental symbols