



Teaching Methods & Instructional Strategies

INSTRUCTOR / EDUCATOR PROGRAM - Unit 4

Applies to: Instructor / Educator

Suggested time: 3.5 hours (theory, demonstration, and practice)

How to use this plan: The lines under "Say" are scripted word for word so every class hears the same information - read them aloud. *Italic in brackets is what you do.* The jade "Teaching move" names the method; the "Students" line is their involvement.

Learning Objectives

By the end of this lesson, students will be able to:

- Identify the main teaching methods.
- Apply the four-step (tell-show-do) method for skills.
- Match the teaching method to the objective.
- Use strategies to keep learners engaged.

Materials and Equipment

- SGS chapter slide deck, projector, and whiteboard
- Teaching-methods handout and a method-planning worksheet
- Student-educator workbook

Key Terms

lecture, demonstration, discussion, hands-on practice, group work, tell-show-do, four-step method, engagement, differentiation.

Lesson Sequence

1. Opening Hook - 10 min

Teaching move: The right method makes learning stick.

SAY (read aloud):

The same content taught two ways can land completely differently. The method you choose - lecture, demonstration, discussion, hands-on - decides whether students remember it or forget it. A skilled educator has a toolbox of methods and knows which to reach for. Today we fill your toolbox.

- **Students:** name a class format that helped them learn, and why.

2. The Methods Toolbox - 25 min

Teaching move: Survey the main methods.

SAY (read aloud):

Your core methods: lecture delivers information efficiently but passively. Demonstration shows a skill. Discussion engages thinking. Hands-on practice builds real skill. Group work develops teamwork and peer learning. Each has strengths and limits - and the best lessons combine them, so students hear it, see it, do it, and talk about it.



- **Students:** match one method to a strength it offers.

3. The Four-Step Method for Skills - 30 min

Teaching move: Tell-show-do, named and modeled.

SAY (read aloud):

For psychomotor skills - cutting, waxing, acrylics - the gold standard is the four-step method, often called tell-show-do. *[Demonstrate it on a simple skill.]* Step one, you prepare and explain - tell. Step two, you demonstrate while narrating - show. Step three, the learner does it with your guidance - do. Step four, they practice and you give feedback. This is how every hands-on skill should be taught. Use it constantly.

- **Students:** outline the four steps of tell-show-do for a simple skill.

4. Matching Method to Objective - 25 min

Teaching move: Choose on purpose.

SAY (read aloud):

Choose your method by your objective. If the goal is knowledge, lecture and discussion fit. If it is a skill, you must demonstrate and have them practice - you cannot lecture someone into a good haircut. Engagement comes from variety, questions, and active participation. Never lecture for an hour when the objective is a skill.

- **Students:** choose a method for a knowledge objective and for a skill objective.

5. Activity, Check, and Recap - 40 min

Teaching move: Plan a method and recall.

SAY (read aloud):

On the worksheet, pick a topic and plan how you would teach it, choosing methods on purpose. Quick check: what method teaches a skill? *[Pause.]* Demonstration plus hands-on practice - tell-show-do. Can you lecture a skill into someone? *[Pause.]* No. To recap: know your methods, use tell-show-do for skills, match method to objective, and keep learners active.

- **Students:** complete the method-planning worksheet and share their plan.

Assessment

- Written: quiz on teaching methods and the four-step method.
- Performance: a method-planning worksheet for a chosen topic.
- Verbal: a brief tell-show-do demonstration.

Assignment

Read Teaching Methods & Instructional Strategies and complete the workbook. Plan a lesson using tell-show-do for a skill you know well.

Instructor Notes and Safety

Have student-educators practice tell-show-do on a simple skill.

Reinforce: match the method to the objective.