

## Training Components

Typically, from a training perspective a lesson should cover the following:

1. **What:** Provide an overview of your lesson and learning objectives.
2. **Why:** Explain the relevance/importance of the lesson.
3. **Demonstration:** Instructor demonstrates a task, activities performed, and results.
4. **Practice:** Students get an opportunity to apply the knowledge and skills learned with guidance from instructor/facilitator.
5. **Test:** Students apply their new skills without any guidance from the facilitator/trainer.