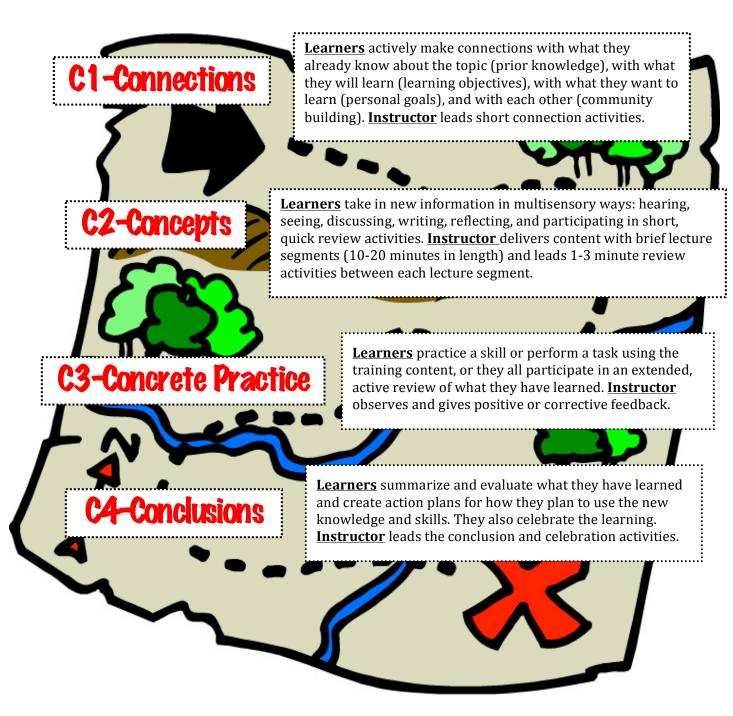# A Quick Guide to the 4Cs Map

A Brain-Based Instructional Design and Delivery Model

This 4-step instructional design and delivery model is from Accelerated Learning and is the best – and easiest – way to design and deliver highly-successful training that is based on how the human brain *really* learns. Below are the definitions for each of the 4 steps. Use this page whenever you design and deliver any instruction, whether classroom or computer-based, regardless of the topic or group size. You'll never teach or train without it!

C1-Connections

Learners actively make connections with what they already know about the topic (prior knowledge), with what they will learn (learning objectives), with what they want to learn (personal goals), and with each other (community building). **Instructor** leads short connection activities.

C2-Concepts

Learners take in new information in multisensory ways: hearing, seeing, discussing, writing, reflecting, and participating in short, quick review activities. **Instructor** delivers content with brief lecture segments (10-20 minutes in length) and leads 1-3 minute review activities between each lecture segment.

C3-Concrete Practice

Learners practice a skill or perform a task using the training content, or they all participate in an extended, active review of what they have learned. **Instructor** observes and gives positive or corrective feedback.

C4-Conclusions

Learners summarize and evaluate what they have learned and create action plans for how they plan to use the new knowledge and skills. They also celebrate the learning. **Instructor** leads the conclusion and celebration activities.