

**Movement**  
trumps Sitting

**Talking**  
trumps Listening

**Images**  
trumps Words

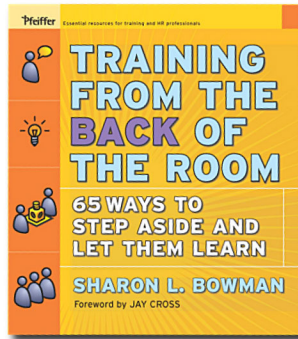
**Writing**  
trumps Reading

**Shorter**  
trumps Longer

# 4C's Design Checklist

**Different**  
trumps Same

Beginnings  
stick:  
**PRIMACY**



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Surprises  
stick:  
**JOLT**



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Endings  
stick:  
**RECENCY**

I remember  
what I have:  
**WRITTEN**

Connect it to  
what I know:  
**LINKED**

**6 Times**  
Six Ways!  
**REPETITION!**

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## **4C's Design Quality Check**

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- 1. What does the learner already know about it?**
- 2. What does the learner need to know about it?**
- 3. Can the learner do it or teach it to someone else?**
- 4. How does the learner plan to use it?**