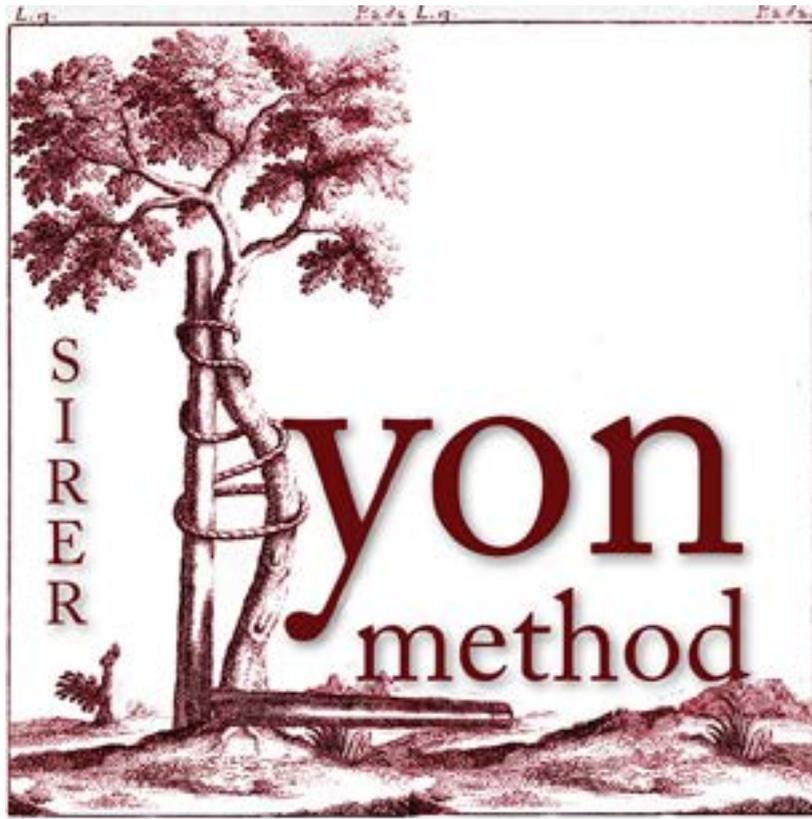


**Publication by:  
Jean Claude de Mauroy**

# **The Lyon Method e-learning platform**





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## Foreword

The realization of an e-learning platform requires multiple skills.

### 1. Copywriting

The majority of eLearning courses are based on traditional classroom learning, which involves the use of textbooks, technical documentation, worksheets, and much more. 40 years of academic teaching at the University Lyon 1 and face-to-face courses all over the world, the last in New York 2020 before Covid lockdown ensure that the learners are provided with quality written materials that are appropriate for the audience.

### 2. Audio/Video Recording & Editing

Thanks to the innovations of technology, it was possible to completely design a course from front to back, with creation and production of course materials. The Lyon Backschool has always used such supports, some of which have been reused for workshops.

### 3. Problem Solving

With the help of our testers, the initial design was gradually modified and we were always able to solve logistical problems and find a technical solution. This original platform is therefore perfectly adapted to the the Lyon method training.

### 4. Project Manager & Facilitator

Being at the same time elearning master, instructional designer and project manager facilitates the work of the testers by avoiding intermediaries and allows corrections in real time.

## 5. Photo Editing

Being able to present the course materials in a visually appealing manner can make a major difference in the learners' performance. Today's technology makes design work easier and thus it is possible for instance to represent the fourth dimension, which is time.

## 6. Coding

50 years ago, the only contact with the computer was the code. Even if HTML/CSS is currently the language used for this platform, the principle remains the same. All corrections are made directly in the code.

## 7. Data base

Your logbook uses excel but above all we are proud to have created in 1998 the world's first database on conservative scoliosis treatments, which allowed us to carry out long-term prospective studies on the Lyon method.

A final addition to the list may be the **love of learning**, due to the fact that mastering eLearning requires continually educating yourself and developing a wider range of skills.

I was fortunate enough to be in charge of the SOSORT website for many years and the enthusiasm of the members of this society who are eager to learn has been a major encouragement to pass on the experience of the Lyon Method.

Jean Claude de Mauroy





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# 1: The learning Pyramid

## Passive vs Participatory



Studies show that varying your study methods and materials will improve your retention and recall of information and enhance your learning experience. The “learning pyramid”, sometimes referred to as the “cone of learning”, developed by the National Training Laboratory, suggests that most students only remember about 10% of what they read from textbooks, but retain nearly 90% of what they learn through teaching others. The Learning Pyramid model suggests that some methods of study are more effective than others and that varying study methods will lead to deeper learning and longer-term retention.

# Registered part of the certification module



The Lyon Method Certification allows you to use 90% of the learning possibilities.



## 2: Discover Your Learning Style

### Learning Styles

- VERBAL**: Words are your strongpoint. You prefer to use words both in speech and in writing!
- VISUAL**: You prefer to use pictures, diagrams, images and spatial understanding to help you learn.
- MUSICAL / AUDITORY**: You prefer using sounds or music or even rhythms to help you learn.
- PHYSICAL / KINAESTHETIC**: You use your hands, body and sense of touch to help you learn. You might 'act things out'.
- LOGICAL / MATHEMATICAL**: Learning is easier for you if you use logic, reasoning, systems and sequences.
- SOCIAL**: You like to learn new things as a part of a group. Explaining your understanding to a group helps you to learn.
- SOLITARY**: You like to work alone. You are self-reliant and prefer your own company when learning.
- COMBINATION**: Your learning style is a combination of two or more of these styles.

**WHAT'S YOUR LEARNING STYLE?**

Each person has different learning preferences and styles that benefit them. Some may find they even have a dominant learning style. Others that they prefer different learning styles in different circumstances. There is no right or wrong answer to which learning style is best for you – or mix of learning styles.

There has been a big push in education in recent years on how teachers can better meet the needs of the students, and a very effective way to do that is to learn about different learning styles.

### The VARK Model

The most widely accepted model of learning styles is called the VARK model, which stands for visual, aural/auditory, reading/writing, and kinesthetic. In brief:

- **Visual** (spacial) learners learn best by seeing
- **Auditory** (aural) learners learn best by hearing
- **Reading/writing** learners learn best by reading and writing
- **Kinesthetic** (physical) learners learn best by moving and doing

According to Neil Fleming and David Baume, it's important for students to understand how they, themselves learn. By understanding your own process of learning and thinking called metacognition, you can be more efficient in studying and learning. Most people are a combination of many.

The label of learning style isn't what's important. What is important is understanding your brain and the way you learn.

The learning styles include visual, auditory, reading/writing and kinesthetic that is seen in the VARK model but also:

- **Verbal** learners who learn best by speaking
- **Logical** (mathematical) learners who learn best by using logic and reasoning (these learners are typically mathematically inclined)
- **Social** (interpersonal) learners who learn best in groups
- **Solitary** (intrapersonal) learners who learn best alone

In a study about learning styles, Aranya Srijongjai noted that everyone has a mix of learning styles, and learning styles are not fixed,) so instructors should also accommodate other types of learning styles by providing diverse learning environments. McCarthy (1980) points out that instructors, matching and mismatching learning styles and instructional methods will complement the students learning performance and create more flexible learners in the long run.

### *Visual Learners*

Do you ever remember taking a test in school and thinking "I don't remember the answer, but I remember I had it highlighted pink in my notes"... then you might be a visual learner.

Visual learners do well with spatial reasoning, charts, graphs. The decision trees and tables are made for them. One of the many benefits of being a visual learner is that the human brain processes visual in-

formation much faster than plain text. As a visual learner, you can take in and retain a lot of information really quickly because you prefer this processing method that humans are already very good at.

### *Auditory Learners*

Do you sometimes talk to yourself when you're thinking really hard, studying, or trying to organize something? If that sounds like you, you're likely an auditory learner.

Auditory learners learn best by hearing and carefully listening. This can include hearing things from external sources, as well as hearing themselves talk. A maximum of modules are recorded as audiobooks with Joe's voice-over, which has the advantage of being an intermediary between the English and American accents.

As an auditory learner you can more easily save your notes and comments on your iphone at home.

### *Reading/Writing Learners*

Do you tend to zone out when people are talking to you or you hear a lecture? Would you rather read the transcript or get the information from a book? Then you're probably a reading/writing learner.

Reading/writing learners often relate to the famous Flannery O'Connor quote "I write because I don't know what I think until I read what I say." These students learn best from books, lists, notes, journals.

You will have a maximum of e-books such as the one you are currently reading. As an reading/writing learner you will have enough time to write detailed notes at home.

### *Kinesthetic Learners*

Are you the first one to get up and volunteer to demonstrate an experiment for everyone else? If so, it sounds like you're a kinesthetic learner.

Kinesthetic learners really just need to move and they can benefit from active brain breaks. eLearning is for you.

### *Logical Learners*

Individuals who excel at math and possess strong logical reasoning



skills are usually logical learners.

Logical learners retain details better by drawing connections after organizing an assortment of information.

The smartart graphic like the learning pyramid are for them.

The extra-pyramidal system thinking of the Lyon Method is perfect for them.

### ***Social learners***

Social learners usually have excellent written and verbal communication skills. These individuals are at ease speaking with others and are adept at comprehending other people's perspectives.

Social learners take opportunities to meet individually with teachers. The zoom sessions and the forum are for them.

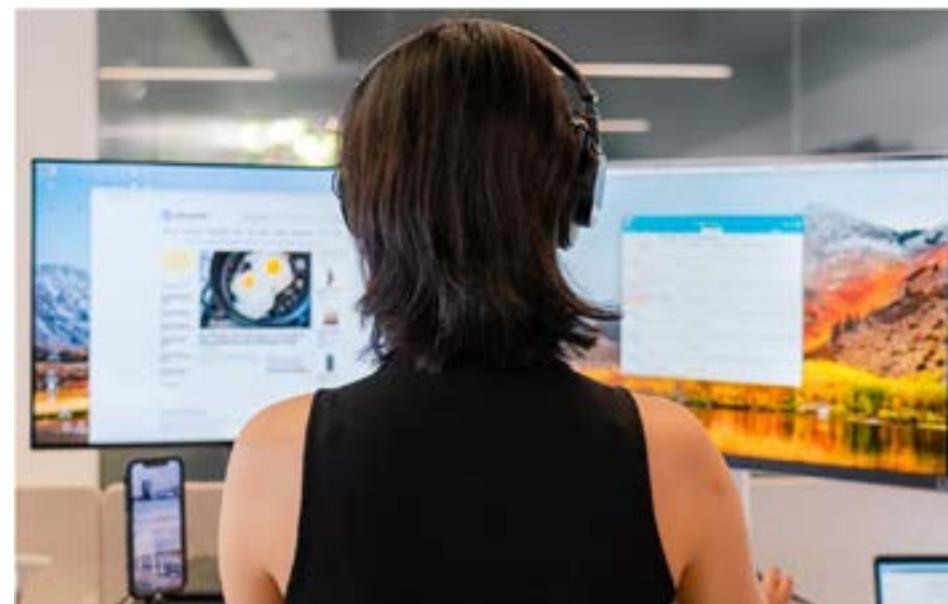
### ***Solitary Learners***

Solitary learners usually prefer working by themselves in private settings. They do not rely on others for help when solving a problem or studying.

solitary learning can be very effective learning style for students.



## 3: Finding a Good Place to Study



One of the keys to effective studying is finding a good location. It's difficult to study in a room full of distractions. However, the ideal location for you may not be the ideal study location for someone else. You may not like studying somewhere private, or even very quiet, but you do want to make sure that you study at a location that is conducive to your method of learning, allows you to concentrate, and is free of distractions.

The reason why it is not always recommended to study in a quiet area is because some people learn better in a room with background noise. You may or may not choose headphones that suppress ambient noise. Unless you are an auditory learner the 2nd monitor is very useful for

taking notes. You want to make sure you do not suffer any back, wrist, or other physical discomfort while you study. Even small discomforts can eventually result in more serious physical problems

There is no one best place to study, only the best conditions that promote effective studying. The following are a few locations that can be ideal for studying.

**Bedroom.** This can be an excellent study location given its convenience and comfort. It's also easy to have all your study materials on hand.

**Kitchen.** The kitchen can be an excellent study location if there aren't too many distractions. Most kitchens are well lit and have seating that requires you to sit up.

**Coffee shop.** Soft background noise, free wifi, great lighting and a relaxed atmosphere can make a coffee shop a great location to study.

Wherever you decide to study, just remember, find a location that is free from distractions, consistently available, comfortable and that fits our unique learning style..



## 4: Create a routine



Develop a routine by studying in the same place and same time on days you plan to study. Everyone has a personal preference as to where they study, whether it's in a library or dorm room. Regardless of your preference, we recommend studying in the same place. Just make sure to study in a location without distractions. For example, if you like to watch television, it is probably not a good idea to study in a room with a television.

Although it may seem monotonous, it's beneficial to establish a studying routine. This will get you into the habit of studying, and before you know it, it will take little effort to get motivated to study.

**Step 1.** Prepare a Term Calendar

At the start of each new term, before you get heavily involved in your studies or other activities, prepare a calendar that covers the entire term. Your term calendar can look like a regular monthly calendar, or it can employ a different format. Whichever format you choose, your term calendar should outline the following:

**Step 2.** Prepare a Weekly Schedule

The logbook will help you.

**Step 3.** Prepare a Daily Schedule

There are several other strategies that will help you accomplish more and make the most effective use of your time. These include:

***Prioritize your assignments.*** As you progress through your education, you'll find the topics of study become more complex, the work load more demanding and the material more challenging. Tackling the hardest subjects first (fundamentals), while you're still fresh and energized, will make the remainder of your studies much easier.

***Create blocks of study time.*** Not only should you have a dedicated study space, you should have dedicated study time—blocks of time where you focus on your studies. Blocks around 40 to 50 minutes are ideal, but may be longer or shorter based on the subject and your ability to focus. It's okay to take study breaks during your blocks for a snack, or just to get up and walk around, but make sure to return to your studies.

***Use helpful resources.*** The old adage, if at first you don't succeed, try, try, try again, is useful for many of life's situations. The correction of the quiz is automatic, do not hesitate to repeat it as many times as necessary.

***Get exercise.*** Eat right. Get plenty of sleep. If you're not at your peak, you won't be able to focus or concentrate, nor will you have the energy or stamina to get your studies completed efficiently. Going to bed an hour earlier can make all the difference the next day in your ability to make the best use of your time.

***Be flexible.*** You can't plan for everything. Unforeseen obstacles are bound to pop up, so plan accordingly and be flexible. Just want sure to get back on track as soon as possible and maintain your monthly, weekly and daily schedule.

