

**Abstract:**

Anyone taking the time to participate in a Process Education conference is already committed to empowering learners. A “Foundations of Learning” course, first and foremost, provides learners with the skills to be successful. Since participants in this workshop have a wealth of expertise to share, we will begin with sharing our strategies to empower all learners, especially those at the beginning of a college experience. Components of a “Foundations of Learning” course will be compared and some case studies gathered by the facilitator will be shared. Those who have successfully advocated for such a course on their campus will be given an opportunity to share their strategies. Participants should leave with renewed commitment to providing learners with skills for success.

**Facilitation Plan:****Activity 1: (15 minutes)**

**Introductions:** Pairs will share their background in using Process Education to empower learners. Each participant will then introduce the other person, sharing one insight gained from what their partner had shared.

**Activity 2: (15 minutes)**

Participants will be put in groups of 5 and asked to share any experience they have had with a Foundations of Learning type of course (e.g. Freshman seminar.) They will identify 3 benefits of such a course and 3 challenges. Some of their findings will be shared with the larger group.

**Activity 3: (30 minutes)**

Three chapters from the *Foundations of Learning* text will be available. Participants will choose a chapter and join the group working on that chapter. They will complete enough of the exercises in the chapter to be able to assess the chapter.

Group members will complete an assessment of the chapter. An assessment guide will be provided by the facilitator. The reporter for each group will report key findings from the group to the whole group.

**Activity 4: (15 minutes)**

In newly formed small groups, participants will brainstorm ideas for using a Foundations of Learning course at their institution/work environment. Key ideas will be shared with the larger group.

**Activity 5: (15 minutes)**

In a large group, there will be an opportunity for general discussion and comments.