

Left-hand column Exercise

Background information:

Mental models — the images, assumptions, and stories we carry in our heads — are one of Peter Senge's five learning disciplines detailed in *The Fifth Discipline*. Senge says, "Very often, we are not consciously aware of our mental models or the effects they have on our behavior."

One of the mental model practices, the left-hand column exercise, helps us become aware of assumptions that influence our conversations, interactions and thought processes. (Carrie Cohill - <http://www.aznetnews.com/story.php?storyid=76>)

We will be using this tool to reveal our unvoiced thoughts about the information that is shared in today's online conference.

Process:

1. Write a couple of sentences or bullet points below about online learning and how you feel about it. This might include anything from feeling conflicted about not having the time to do it, loving that you don't have to go somewhere off-site, to hating that you can't leave to get the learning, etc.

2. Use the following form during the conference. On the right hand side is an outline of the events of the conference with space for writing what was actually said in the conference. Write exactly what you hear in the space on the right-hand side. In the left-hand column, write down what you are thinking and feeling as you hear the ideas that are written in the right-hand column.

What I was thinking or feeling	What was actually said
	<p data-bbox="824 533 1344 600">8:30 Sound checks – Tools Review - Warm Up Activity on Whiteboard</p> <p data-bbox="824 751 1409 819">9:00 Welcome – Introductions – Purpose, Outcomes, Flow</p> <p data-bbox="824 1264 1396 1331">9:15 Introduction to the left-hand column tool</p>

What I was thinking or feeling	What was actually said
	9:30 Pat Wagner - "Successful Online Education"

What I was thinking or feeling	What was actually said
	<p data-bbox="824 277 1404 340">10:00 The VARK Questionnaire - http://www.vark-learn.com/english/page.asp?p=questionnaire</p> <p data-bbox="824 373 959 405">Introduce</p> <p data-bbox="824 682 1260 714">Participants take questionnaire</p> <p data-bbox="824 1780 938 1812">BREAK</p>

What I was thinking or feeling	What was actually said
	<p data-bbox="824 277 1416 352">11:45 List of resources for online learning and bibliography</p> <p data-bbox="824 1381 1263 1423">11:50 Wrap Up and Evaluation</p>

