

Seven Learning Formats, Rated

Chapter 7: Education

In Chapter 7 of *Change Maker*, I outline the seven most common learning formats available, their pros and cons, and their value. In addition, I created a ranking system based on the following criteria:

- **Ease:** 10 represents education that's simple to consume
- **Affordability:** 10 represents education that's free or very low cost
- **Contextually relevant:** 10 represents education that's put in its proper context
- **Skill building:** 10 represents education that will help you build practical skills
- **Credentials:** 10 represents education that will give you credentials
- **Career value:** 10 represents education that will make a difference in your career

Here are the formats and how I've ranked them.

Articles in magazines, journals, trade publications, or online:

EASE																			
AFFORDABILITY																			
CONTEXTUALLY RELEVANT																			
SKILL BUILDING																			
CREDENTIALS																			
CAREER VALUE																			

Books and e-books:

EASE																			
AFFORDABILITY																			
CONTEXTUALLY RELEVANT																			
SKILL BUILDING																			
CREDENTIALS																			
CAREER VALUE																			

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Free online videos, lectures, podcasts:

EASE										
AFFORDABILITY										
CONTEXTUALLY RELEVANT										
SKILL BUILDING										
CREDENTIALS										
CAREER VALUE										

Live Seminars (paid):

EASE										
AFFORDABILITY										
CONTEXTUALLY RELEVANT										
SKILL BUILDING										
CREDENTIALS										
CAREER VALUE										

Certification Programs:

EASE										
AFFORDABILITY										
CONTEXTUALLY RELEVANT										
SKILL BUILDING										
CREDENTIALS										
CAREER VALUE										

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Internships and Field Experiences:

EASE										
AFFORDABILITY										
CONTEXTUALLY RELEVANT										
SKILL BUILDING										
CREDENTIALS										
CAREER VALUE										

Academic Programs:

EASE										
AFFORDABILITY										
CONTEXTUALLY RELEVANT										
SKILL BUILDING										
CREDENTIALS										
CAREER VALUE										

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book