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LECTURES/FIELD DRILLS OUTLINE

Lecture Structure Template INTRODUCTION

(Start Strong)

GUE INSTRUCTOR

- **Objective:** Connect with students, create relevance, and spark interest.
- **Steps:**
 - **Get Attention:** Open with a relatable story or experience (ideally diving-related).
 - Link it to their course, goals, or past difficulties.
 - **Preview:** Briefly outline what will be discussed.
 - **Purpose:** Explain **why** this topic matters to *them*.
 - How it will help in their own diving, progress, or course outcomes.

BODY (Deliver the Content)

- **Organize Your Content:**
 - **Timed:** Structure your segments and stick to time.
 - **Progressive:** Build knowledge logically, step-by-step.
- **Focus on Critical Points:**
 - Identify the **single most important concept** or idea.
 - Teach enough to inform, not overwhelm.
 - Keep content GUE-specific and relevant to their needs.
- **Use Examples:**
 - Real, relevant, and purposeful examples that:
 - Engage the student.
 - Show application.
 - Help overcome common plateaus.
- **Encourage Interaction:**
 - Check Understanding: Ask clarifying questions.
 - Motivate Engagement: Include them in the discussion.
 - Draw from Experience: Invite students to share personal insights to make it stick.

SUMMARY (Reinforce Learning)

- **What You Taught:**
 - Reiterate the critical point(s) and their importance. The introduction and the summary content should be consistent.
- **Transfer Ownership:**

- Ask questions like:
 - “What questions do you have?”
 - “What is the most important thing you learned?”
 - “What didn’t make sense before but does now?”
 - “What’s one thing you’ll try to apply during your next dive?”

Instructor Tips & Common Pitfalls

✗ ✗ DON'Ts in the INTRO

- Don't jump right into teaching.
- Don't open with “Well...” – start with energy and intent!
- Don't overwhelm with too much technical info too soon.
- Don't talk about general value – make it specific to them.

✗ ✗ DON'Ts in the BODY

- Don't teach everything you know – stay focused.
- Don't lose your structure or let students derail the topic.
- Don't dominate the space – observe students' responses.
- Don't ignore body language or signs of confusion.

✗ ✗ DON'Ts in the SUMMARY

- Don't introduce new information.
- Don't restart the lecture – summarize only.
- Don't ask unrelated or vague questions – be intentional.

✓ ✓ Teaching Mindset

- Be clear, not complex.
- Focus on what students need to know to improve. Ask yourself, “what is the most important thing this student needs to know right now?” This will be unique to each student and class.
- Teach at the appropriate level to their experience and the training they are enrolled in.
- Keep the flow – don't lecture, guide learning.
- You're not just teaching a topic — you're building competence and confidence!