

# Priming



## What Is Priming?

*Priming* is an intervention that allows individuals to become familiar with information or activities through exploration. It presents elements of a task in a non-demanding manner to increase exposure to a task. This helps establish predictability, reduce stress, and increase the chance of success.

## Priming ...

- Serves as a preview activity conducted prior to an educational experience
- Can occur immediately before an educational experience (e.g. *In today's lesson we are going to do a), b) c) and d)*; at another time that is before the expected educational experience (e.g. in tutorial the student previews the chapter that will be covered in the next science class); as an extended lead up to an educational experience (e.g. preparing for what Yr 8 Camp will be like over a number of sessions)
- Can be done by a variety of people including teachers, Year level coordinators, Guidance Counsellors, other students, school officers and family members.
- Takes place in a relaxed way.
- Familiarizes the student with material; does not "teach" it.
- Provides high levels of reinforcement for any attempt.

## Purposes of Priming

- To introduce predictability into the information or activity, thereby reducing stress, frustration and anxiety
- To make connections with prior learning
- To focus on what is important
- To build key vocabulary, key concepts, make connections
- To increase independence