



Microtraining

(Resource ID: 20)

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This teaching resource is allocated to following University:

KFUG - Karl-Franzens-University Graz

<http://www.sustainicum.at/en/tmethods/view/20.Microtraining>



Group work



**Independent of
the number of
students**



15 to 30 min



**Internet
connection
necessary**



English, German

Micro training is a way to inform people in a short period of time and to support informal learning and peer-to-peer learning.

Each microtraining-session (15 minutes) is structured as follows:

Active Start (3 Minuten)

Exercise (6 Minuten)

Discussion (4 Mintuen)

How to continue (2 Minuten)

A Microtraining cycle consists of several sessions focusing on sub-topics within the main topic. The introduction session is designed to get the discussion started. The main topic may be divided into sub-topics. The closure session connects to the next cycle or transfer to every-day practice.

Didactical description of the method

See: <http://www.microtraining.eu/>

[A2_Microtraining-Method_EN.pdf](#)

Type of teaching method



Discussion / debate



Reflection

Type of teaching method

- Discussion / debate
- Reflection

Preparation

Low

Related Teaching Resources

No specific previous knowledge / related resources required

Topics of sustainability

Any content, that can be divided into several sub-topics and can be worked on within a microtraining-cycle - 6-12 sessions, à 15 minutes.

Strengths of the method

Finding practicle and workable solutions

Assessment / evaluation

Collective notebook (CNB)

Sources and Links

<http://www.microtraining.eu/>

Funded by

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