Stages of learning the cane: Implications for instruction   
Excerpts from “Step-by-Step” Workshop

Worksheet

Instructions: Watch the recording of the [*excerpted workshop*](https://www.youtube.com/watch?v=DubfpZm9wbg&t) and fill in notes where it is indicated. Instructions for the quiz are at the end of this handout.

# Stages of Learning to Use a Cane on Level Ground

## **Stage 1 – Beginner**: Student is learning how to move the cane correctly.

1. **Assessment:**  How do you recognize someone is in Stage 1?*(fill in)*
2. **Expectations:** What to expect of students in this stage? What do we not expect?*(fill in)*
3. **To progress to next stage, student needs:** *(fill in)*
4. **Principles of Teaching:**

* Appropriate feedback - more in beginning, then less (too much can impede learning)
* Timing of sessions for cane instruction *(note: what is recommended?)*
* “Interference” of skills:
  + Instruction in more than one similar task can impede acquisition so that overnight improvement in accuracy only occurred for the second sequence, and not the first.
  + When you observe interference, focus on a single skill or subset of a skill and wait until another day to practice other (similar) skills.

## Stage 2  - Concentration: Student can maintain the correct cane technique without correction but only when concentrating

1. **Assessment:**  How do you recognize someone is in Stage 1? (fill in)
2. **Expectations:** What to expect of students in this stage? What do we not expect? (fill in)
3. **To progress to next stage, student needs:** (fill in)

## Stage 3 – Consolidation: student can maintain the correct cane technique without conscious concentration, even when distracted

1. **Assessment:**  How do you recognize someone is in Stage 1? (fill in)
2. **Expectations:** What to expect of students in this stage? What do we not expect? (fill in)
3. **To progress to next stage, student needs:** (fill in)

## Stage 4 – Proficiency: Student moves the cane correctly without having to concentrate AND notices when the cane contacts any unexpected drop-offs or obstacles.

***NOTE:*** *This is the first stage when we can expect that students can reliably use cane information to travel safely*

# QUIZ

To take the quiz, contact Dona Sauerburger at [Dona@Sauerburger.org](mailto:Dona@Sauerburger.org) to get the code and link – specify that you want the quiz for “Stages of learning the cane.”

There will be 9 questions in the quiz, one from each of the 9 bulleted areas listed below. To pass, correctly answer at least 7 of the 9 questions.

If you fail it, you will get a message telling you what you need to review, and you can take the quiz again after you watch the parts of the recording that cover the areas that you got wrong (links to each topic are listed at [www.sauerburger.org/caneworkshop](http://www.sauerburger.org/caneworkshop)). Caution: if you take the quiz again without reviewing what was recommended, you might be disqualified from getting credit for this workshop,

One question will come from each of the following topics:

**Stage 1 of learning the cane (Beginner):**

1. How to assess that the student is in this stage
2. What to expect of students in this stage
3. How to help your students progress to the next stage

**Stage 2 of learning the cane (Concentration):**

1. How to assess that the student is in this stage
2. What to expect of students in this stage
3. How to help your students progress to the next stage

**Stage 3 of learning the cane (Consolidation):**

1. How to assess that the student is in this stage
2. What to expect of students in this stage
3. How to help your students progress to the next stage