

# The 4 Stages of Learning



## Level 1: Unconscious Incompetent

*"I don't know what I don't know."*

This person is unaware that there is need for skill development.



## Level 2: Conscious Incompetent

*"I now know about it, but I'm not very good at it."*

This person is aware of the need for skill as well as their inability to perform it well.



## Level 3: Conscious Competent

*"I know how, but I need to think about it and concentrate on what I have to do."*

This person knows how to perform a skill, but requires focused thought to do so.



## Level 4: Unconscious Competent

*"I know and I can do it effortlessly."*

This person performs the skill well, without focused thought. They can also train others.

