



## KRI Level One Formats Policy Addendum



### Clarifying Approach to Programs that have been approved up until now 6 FEB 2019

#### Background:

- 1) We recently approved a new Level One format policy, but did not address some inconsistencies in our existing policies, specifically around the # of training days and the total duration of the course
- 2) We have in the past approved some Level One programs that had less than 22 training days – which is the new minimum set by the new Level One Formats policy
- 3) We also have approved Level One programs that are shorter than 6 months in total duration, with one week, then a 2-month break, another week, then another 2-month break, and a final 1 week module. The new Level One Formats policy states that 6 months is the minimum duration for all Level One programs.
- 4) We need a policy that will not create a lot of additional administrative work, or abruptly remove approval from programs that previously were fine

#### Clarification about Number of Training Days:

- 1) Modern Learning Theory is clear that too much information (or experiences) without a break leads to a lack of absorption by the students. The purpose of requiring a minimum of 22 training days is to limit the number of learning hours in a day in order to prevent this overload of information, and help the students learn the material better.
- 2) Ideally, we want no training day to have more than 8 hours of instruction in it (not counting meals and breaks).
- 3) Therefore, we will require a minimum of 22 training days in all courses
  - a. For trainings with 3 modules of one week each, we have been approving 21 days of training – three modules of 7 days. We will work with trainers submitting contracts like this to plan ahead to add at least one additional day in future contracts. Contracts with 21 days will be approved (with a note to the trainer about needing to add a day for future courses) up until December 31, 2019. All programs submitted for approval after January 1, 2020 will need to be at least 22 days long

#### Clarification about total course duration

- 1) We know that the deep inner work required in Level One programs requires time to happen, and students need time to integrate their experiences and new habits into their daily life. Even immersion courses have to be at least 6 months long, with specific ways that students are kept in contact with and supported in these important ways.
- 2) For trainings with 3 modules of one week each, we have been approving courses with just 2 months in between each in-person module – which could be as short as just under



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5 months. We will work with trainers submitting contracts like this to either add more time between modules, or add some meaningful student contact after the final module (making the total course duration at least 6 months long) in future contracts. They will also be encouraged (but not required) to have some meaningful student contact in between modules that are longer than 4 weeks apart. Best practice suggests having no more than 3 to 4 weeks between student contact. Three-module contracts shorter than 6 months will be approved (with a note about needing to modify this for future courses) up until December 31, 2019. All courses submitted for approval after January 1, 2020 will need to be at least 22 days long.