

Checklist for Micro and Nano Learning

Define the learning objective		• Focus on one skill or topic at a time. • Clearly limit the content; avoid irrelevant information.
Design the content		• Utilize concrete examples and applied tasks. • Reinforce by referring to previously learned material.
Organize learning materials logically		• Break topics into small, easily digestible nuggets of information. • Create a clear learning path where each micro-part supports the next.
Be visual		• Use images and infographics to clarify complex information. • Create short, concise instructional videos to maintain learner attention.
Engage the learner		• Add interactive elements like quizzes. • Create tasks that require practical application of knowledge.
Customize and evaluate		• Tailor content to meet different learning needs. • Collect feedback and make necessary adjustments to the content.
Keep the content short and concise		• Nano learning: less than 2 minutes (for reviewing already learned material) • Micro learning: 2-15 minutes (for reviewing and learning new material)

Remember: the purpose of micro and nano learning is to provide concise and easily digestible information that can be immediately applied in practice.