Learning theorist David Kolb (1984) used the Learning Cycle described by Lewin to talk about the learning process:

The most direct application of the model is to use it to ensure that teaching and tutoring activities give full value to each stage of the process. This may mean that for the teacher or mentor, a major task is to "chase" the learner round the cycle, asking questions which encourage reflection, conceptualization, and ways of testing the ideas. (The Concrete Experience itself may occur outside the tutorial/mentoring session)

For the latest tools and information see Kolb’s website at: http://www.learningfromexperience.com

This suggests that there are four stages which follow from each other: **Concrete Experience** is followed by **Reflection** on that experience on a personal basis. This may then be followed by the derivation of general rules describing the experience, or the application of known theories to it (**Abstract Conceptualization**), and hence to the construction of ways of modifying the next occurrence of the experience (**Active Experimentation**), leading in turn to the next **Concrete Experience**. All this may happen in a flash, or over days, weeks or months, depending on the topic, and there may be a "wheels within wheels" process at the same time.