

Levels of HPCT

Level	Definition	Example	
Level 11	System Concepts	<i>Coherent organizations of principles</i>	<i>Healthy diet</i>
	Perception Reference		
Level 10	Principles	<i>Fundamental rules, laws, standards, truths, beliefs</i>	<i>Never drink coffee after 6:00 pm</i>
	Perception Reference		
Level 9	Programs	<i>Structures of tests and choice-points regarding sequences</i>	<i>Prepare breakfast</i>
	Perception Reference		
Level 8	Sequences	<i>Perceptions that occur in a fixed order over time</i>	<i>Get cup, brew coffee, fill cup, sit at table, drink coffee</i>
	Perception Reference		
Level 7	Categories	<i>Classes of perceptions having shared characteristics</i>	<i>Coffee, cream, sugar</i>
	Perception Reference		
Level 6	Relationships	<i>The ways in which two or more perceptions relate to one another</i>	<i>Ratio of coffee grounds to water</i>
	Perception Reference		
Level 5	Events	<i>Particular patterns of lower-level perceptions, typically short-duration</i>	<i>Spilling coffee</i>
	Perception Reference		
Level 4	Transitions	<i>Moving, changing configurations</i>	<i>Lifting coffee cup to lips</i>
	Perception Reference		
Level 3	Configurations	<i>Particular arrangement of sensations</i>	<i>Seated at breakfast table</i>
	Perception Reference		
Level 2	Sensations	<i>Types of sensory stimulation</i>	<i>The temperature of the coffee; its taste; its color, sweetness</i>
	Perception Reference		
Level 1	Intensity	<i>Amount or quantity of sensory stimulation</i>	<i>Muscle tension in clenching one's teeth</i>