



ADULT LEARNING

ADULTS bring prior experience and knowledge with them. Respect and validate them.

ADULTS engage in learning throughout the development of the lifespan.

ADULTS seek relevance.

ADULTS learn from peers and not just from the instructor.

ADULTS have opinions that may not be overcome in a one-shot training.

ADULTS prefer to be active participants and want to assist in the learning process.

ADULTS enjoy active learning and small group activities.

ADULTS learn at varying speeds and via different methods and styles.

ADULTS need constructive criticism and feedback.

ADULTS are comfortable with silence and need breaks during the learning process.

ADULTS LEARN BEST WHEN THEY:

Are supported

Find personal growth opportunities

Are presented with relevant material for perceived needs

Are active participants in cooperative and individual exercises

Relate material to own life experiences

Receive clear instructions

Experience a myriad of teaching methods and media

Are empowered with learning skills

Receive constructive feedback

Receive positive reinforcement for accomplishments

Are taught course content that is relevant and in integrated patterns

Feel free to question and challenge to a certain degree

Have their self-efficacy increased

Have their anxiety reduced

Have their individual needs met

Feel a sense of belongingness

Feel safe in the learning environment