

# Center for Parent Information and Resources

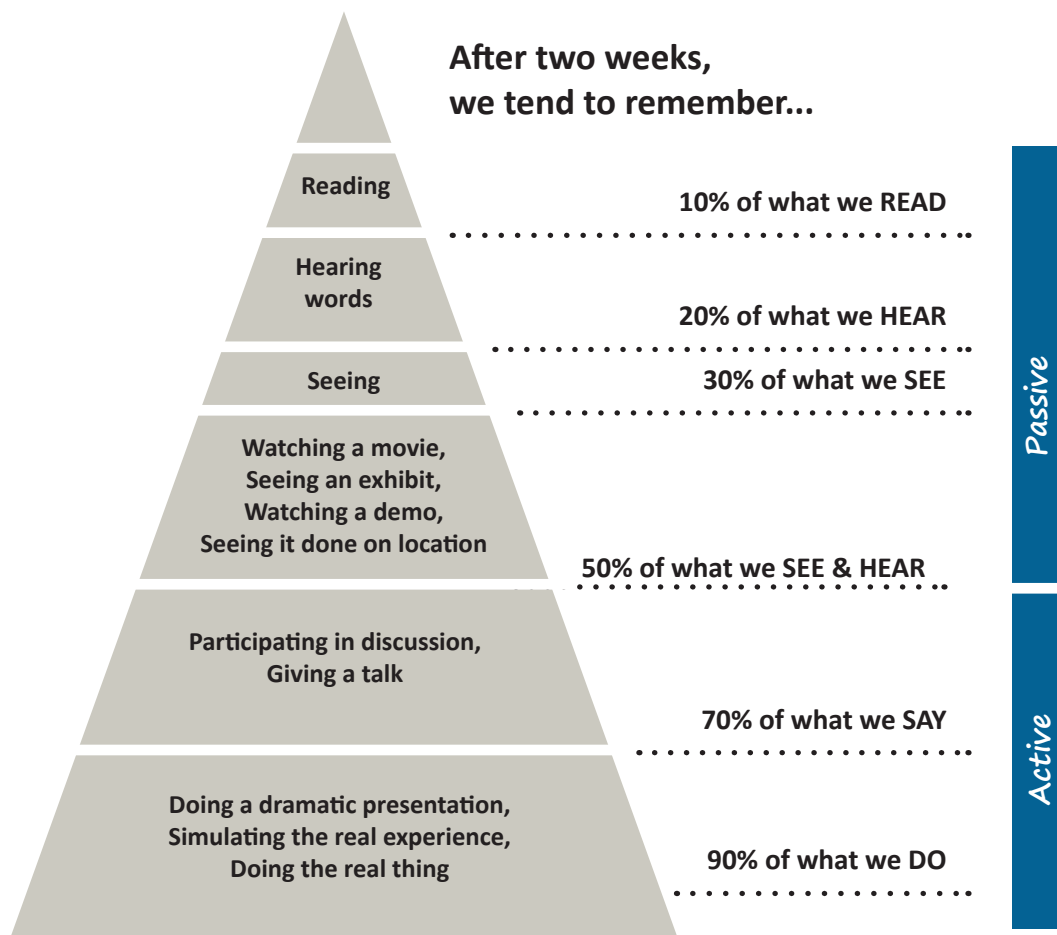
## Summary Points about Adult Learning

### Adult learners...

- are problem-centered, not content-oriented
- need your content to be relevant to their lives
- are looking for the real-life applications and benefits of learning your content
- want to know why they should learn what you're offering
- bring lots of experience and knowledge to learning
- have their own motivations and goals for learning

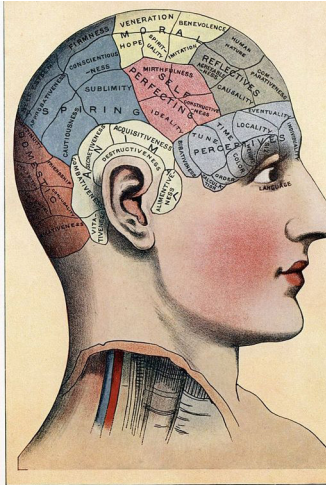
### You can enhance adult learning by...

- making it clear how your information can be used in the learner's real life
- having learners share what they already know on the subject
- having learners share what they'd *like* to know on the subject
- including hands-on activities
- including group activities
- having learners get up and move every 15 minutes or so



*From Effective Adult Learning: A Toolkit for Teaching Adults (p. 13),  
based on the research of Edgar Dale, originator of "The Cone of Learning."*

**We all learn in different ways.  
Touch the variety of senses  
that all learners have.**



**Visual learners...**

- like to see what they're learning
- love pictures, illustrations, and handouts
- benefit from building strong mental images
- want to have written instructions
- might say, "Show me" or "The way I see it..."

**Auditory learners...**

- prefer to hear the content or instructions
- will actively participate in discussions
- benefit from having someone talk them through a process
- may talk *themselves* through the process
- might say, "Tell me" or "I hear what you're saying..."

**Tactile or kinesthetic learners...**

- prefer to do a task, move around
- get restless during lectures
- learn best with hands-on activities
- might say, "I feel like you..." or "Let me do it..."

**Resources of  
More Information**

*Facilitating Adult Learning: How to Teach So People Learn*

[http://od.msue.msu.edu/uploads/files/PD/Facilitating\\_Adult\\_Learning.pdf](http://od.msue.msu.edu/uploads/files/PD/Facilitating_Adult_Learning.pdf)

*Effective Adult Learning: A Toolkit for Teaching Adults*

<http://tinyurl.com/z99udaa>

*Teaching Adults: What Every Trainer Needs to Know About Adult Learning Styles*

by Helen Post, Utah Parent Center

<http://tinyurl.com/7jrwc8l>

*Adult Learning Techniques*

<http://tinyurl.com/jzdl6g6>

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