

# Center for Parent Information and Resources

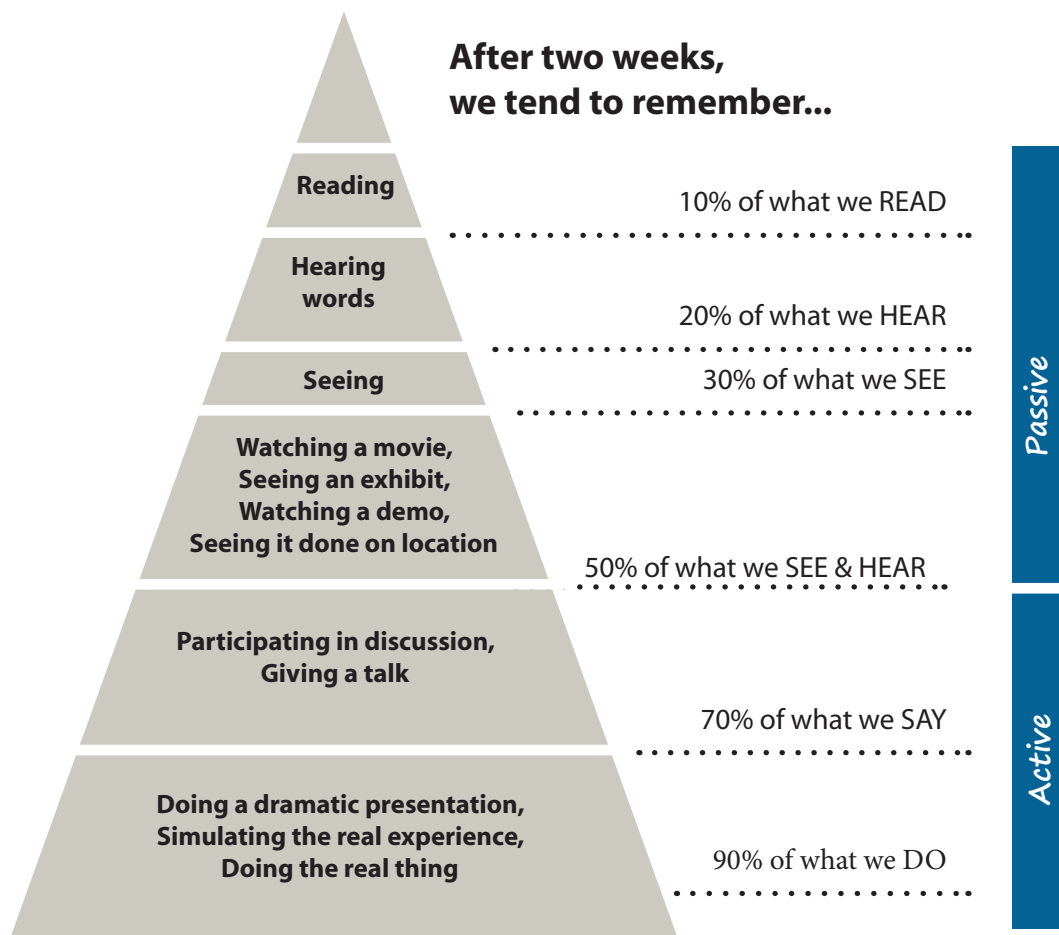
## Summary Points about Adult Learning

### 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

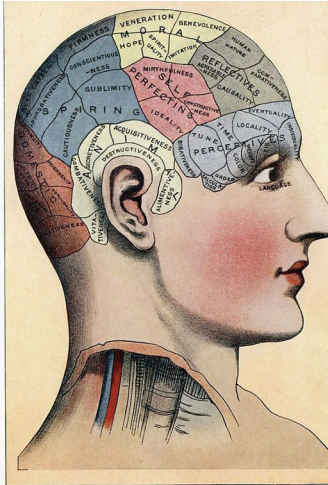
### You can enhance adult learning by...

- 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 Adult (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**

***Effective Adult Learning: A Toolkit for Teaching Adults***

[http://www.nwcphp.org/documents/training/Adult\\_Education\\_Toolkit.pdf](http://www.nwcphp.org/documents/training/Adult_Education_Toolkit.pdf)

***Adult Learning Theory and Principles***

<http://www.qotfc.edu.au/resource/?page=65375>

***5 Principles for the Teacher of Adults***

<http://adulted.about.com/od/teachers/a/teachingadults.htm>

***How Adults Learn***

<http://www.people.vcu.edu/~albest/EDGE/Session2.pdf>

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