

Principles of Adult Learning

Instructions: Fill in the blanks using the terms from the word bank on the left

1. Adults learn because they _____ or _____ learn.
Adults learn because they want to apply learning to the problems and needs they face. Adults also learn because they want to improve their lives (personal or professional).
2. Adults have _____ learning styles. They learn most readily when their preferred methods are used.
3. Adults learn best in an _____ atmosphere.
4. Adults learn best when _____ application is encouraged. Adults learn through hands-on practice. Lectures are the least favorite method of knowledge exchange.
5. Adults see themselves as _____ and _____. They expect to be treated with respect and have some control over their learning experience.
6. Adults bring a wealth of _____ to the learning setting. They play many roles in life, lead busy lives, and expect to contribute to their learning experience.
7. Adults learn best when they can _____ learning to what they already know. Adults reflect on their learning experiences and are able to relate them to current knowledge. What they have already internalized may act as a barrier or a catalyst to learning something new.
8. Adults have ideas to _____. Effective trainers build in time for participant contributions.

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Instructions: Fill in the blanks using the terms from the word bank on the left

1. Adults learn because they want to or have to learn. Adults learn because they want to apply learning to the problems and needs they face. Adults also learn because they want to improve their lives (personal or professional).
2. Adults have different learning styles. They learn most readily when their preferred methods are used.
3. Adults learn best in an informal atmosphere.
4. Adults learn best when practical application is encouraged. Adults learn through hands-on practice. Lectures are the least favorite method of knowledge exchange.
5. Adults see themselves as responsible and self-directed. They expect to be treated with respect and have some control over their learning experience.
6. Adults bring a wealth of experience to the learning setting. They play many roles in life, lead busy lives, and expect to contribute to their learning experience.
7. Adults learn best when they can relate learning to what they already know. Adults reflect on their learning experiences and are able to relate them to current knowledge. What they have already internalized may act as a barrier or a catalyst to learning something new.
8. Adults have ideas to contribute. Effective trainers build in time for participant contributions.