

Principles of Adult Learning

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Overview

- The adult learner
- Principles of adult learning
- Applying the principles of adult learning
- Tips for tutoring
- Resources

The adult learner



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8 thoughts about adult learners



Photo by [Gerd Altmann](#).

8 thoughts about adult learners

1. Adults are experienced.
2. Adults make choices.
3. Adults have physical needs.

(adapted with permission from VIU Volunteer Tutor Training Course-2015)

8 thoughts about adult learners

4. Adults may be reserved.
5. Adults may expect to be told.
6. Adults want acknowledgement.
7. Adults want to be treated like adults.

(adapted with permission from VIU Volunteer Tutor Training Course-2015)

8. Adults Like to have FUN!



Photo by [RODNAE Productions](#).

6 Assumptions of Adult Learners

Principles of adult learning

Adults:

- are autonomous and self-directed
- have a foundation of life experiences and knowledge
- are goal oriented



Photo by [RODNAE Productions](#).

Principles of adult learning

Adults:

- are relevancy oriented
- are practical
- must be shown respect



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Applying the principles of adult learning

- Adult learners are decision makers in their learning process.

Engagement

As a tutor how will you engage an adult learner in the learning process?



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Photo by [Tumisu](#).

Motivation

Make sure the adult learner understands ...

“Why”

Motivating the adult learner

Adult learners often ask themselves the following questions:

- Why do I need this information?
- How will I benefit from it?
- How can I make use of it in a practical, real way on the job?
- How will it make me a better worker?

Tips for tutors



Show an interest in the learner.



Praise the learner frequently.



Do not preach. Do not talk down.



Build and expand on what the learner already knows.



Be careful not to overwhelm or overburden the learner.

Discussion



Let's review what we have covered ...

Image by [Gerd Altmann](#).

Questions/Comments?

Thank you

We hope you enjoy your tutoring experiences.

We thank you for your participation and for your contribution to literacy!

References

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