**ADULT LEARNING PRINCIPLES**

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| **Learning is:** | * A process
* An integral part of living
* A consequence of living
* Initiated by the learner
* Restructuring of previous knowledge
* Co-operative and collaborative
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| **Learning is best when it:** | * Occurs in the whole person
	+ Cognitive
	+ Affective
	+ Psychomotor
* Is relevant to the situation
* Focuses on tasks or problems
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| **Other considerations to keep in mind:** | * People bring a lifetime of experience
* Adult learning has various developmental stages
* People learn in a variety of ways
* Teachers and learners share responsibility for learning
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