**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 |
| **Learning is best when it:** | * Occurs in the whole person   + Cognitive   + Affective   + Psychomotor * Is relevant to the situation * Focuses on tasks or problems |
| **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 |