

Adult learning principles

There are six basic characteristics that distinguish adults from children with regard to their learning (Knowles, 1984)¹. These are shown in the figure on the following page.

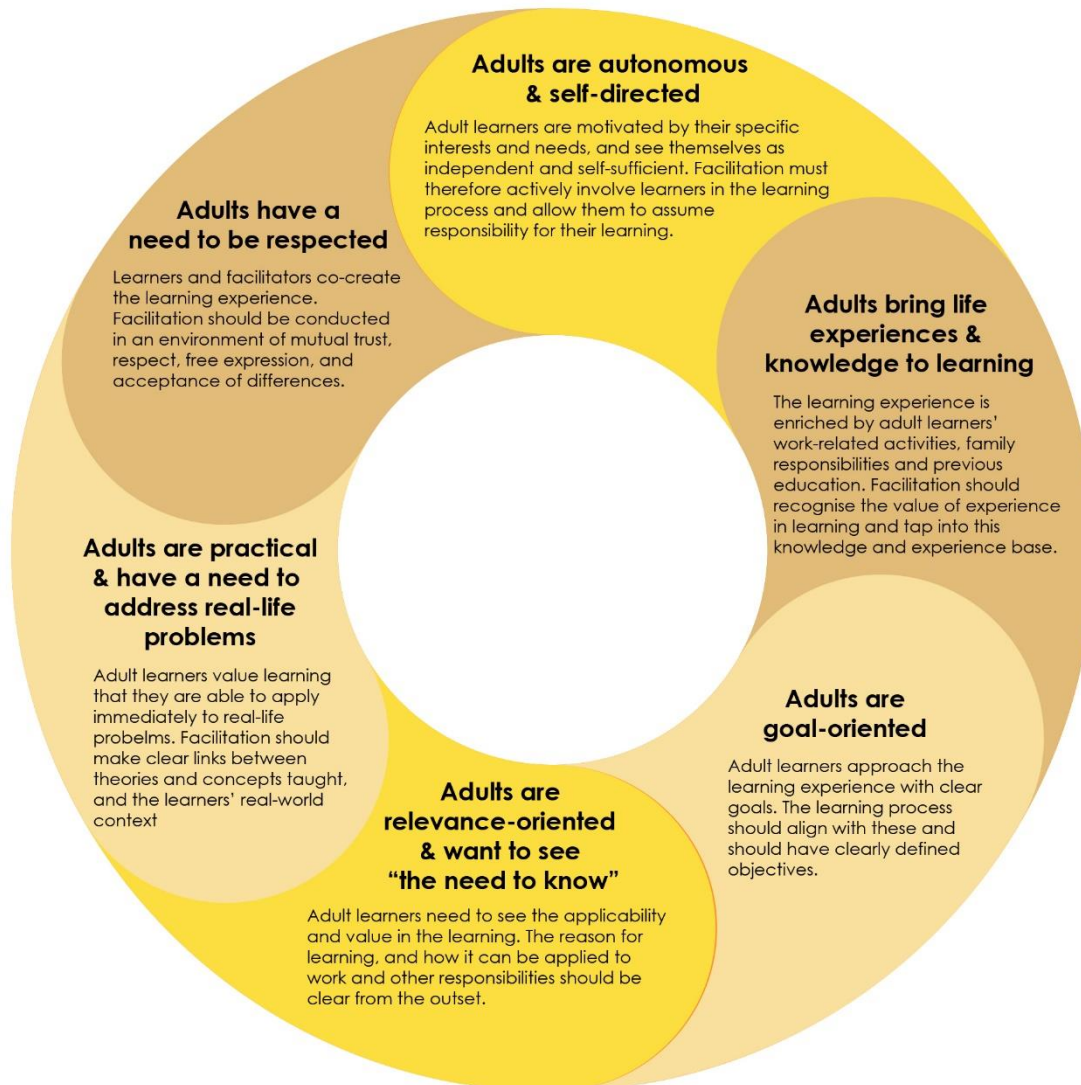


Figure 1: Adult learning principles

How are adult learning principles applied?

Here are a few suggestions about Adult Learning Principles:

- Adult learners need to connect their learning with their life experiences and previous education.
- Adult learners need to set goals for their learning to help them to reflect on their new learning.

¹ Adapted from: Knowles, M. The Modern Practice of Adult Education. Englewood Cliffs: Cambridge Adult Education. <http://www.dehfsupport.com/Andragogy.pdf> & http://carrie-ekey.com/handouts/Rotterdam2012/Eu_Coaches_Conf2_Rott_Day_1_A4.pdf

- Adult learners need to see the relevance of their learning to their everyday environment as well as future application and in different circumstances and contexts. Adult learners need to know how to apply their learning experiences.
- Adult learners must be treated with respect. The environment must be supportive and allow them to voice their opinions, to test their ideas and to have a role in directing their learning.