

Adult Learning Principles

- **Adults must have a reason to learn.**
- **Adults must be involved in the learning.**
- **Adults learn by building on experience.**
- **Adults learn by doing.**
- **Adults learn in different ways and at different rates. Adults need a variety of methods.**
- **Adults need a meaningful program.**
- **Adults need a safe environment.**
- **Adults appreciate constructive feedback.**
- **Adults appreciate an informal environment.**
- **Adults appreciate being treated with dignity and respect.**