

## Principles of Adult Learning

### Materials:

- Twelve Principles of Adult Learning cards with definitions
- Twelve Principles of Adult Learning handout
- Learning Styles Handout

### Learning Task:

1. With a partner, match the provided cards listing the twelve principles of adult learning with their definitions. We will discuss as a large group.
2. Read the description of 3 main learning styles: visual, auditory and kinesthetic. Consider how these styles can be taken into account during the design and delivery of a training. We will discuss as a large group.

### Points to Make

- Trainers can apply the twelve principles and practices of adult learning to enhance the effectiveness of the training experience.
- Trainers can design to include learning opportunities for auditory, visual and kinesthetic learners.