

# Principles of Adult Learning

- Adults bring life experience to the learning situation.
- Adults learn best when independence is fostered and supported.
- Adult learning tends to be problem centered rather than subject centered, practical rather than theoretical.
- People learn by doing.
- People learn best when anxiety is moderately low.
- People learn best when they are met at their own current level of understanding and ability.
- People retain concepts better than they do facts.
- Learning follows an uneven course.
- People learn better from someone they like.
- People learn best when demands and expectations are clear.
- Learning is more effective when it is a conscious process.

Source: Child Welfare League of America. "Child Welfare Supervisor Training." Developed by Lois Abramczyk for CWLA, 1992.