**Ten Principles of Adult Learning**

1. Adults learn better in an informal, non-threatening environment.
2. Adults learn better when they want or need to learn something.
3. Adults learn better when their individual learning needs and styles are met.
4. Adults learn better when their previous knowledge and experience are valued and used.
5. Adults learn better when there are opportunities for them to have some control over the learning content and activities.
6. Adults learn better through active mental and physical participation in learning activities.
7. Adults learn better when they have opportunities to practice or apply-successfully-what they have learned.
8. Adults learn better when sufficient time is provided for the assimilation of new information, practice of new skills, or development of new attitudes.
9. Adults learn better when there is a focus on relevant and realistic problems and the practical application of learning.
10. Adults learn better when there is guidance and some measure of performance so learners have a sense of progress toward their goals.