

# Adult Learning Principles and Implications

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1. *competence, self-image, efficacy* = **spider and slide**  
(implication: strengths-based; build on competencies, not deficits)
2. *active, involved, self-directed* = **dog with biscuit**  
(implication: engagement dependent on ownership of learning)
3. *meaningful, relevant, connected* = **dogs and doorknob**  
(implication: needs to be meaningful, relevant to their context)
4. *learn from processing, self-assess, self-reflect* = **gorillas**  
(implication: learn not only by doing ... but by reflecting on it)
5. *learning is opportunity and risk* = **professor in circus**  
(implication: non-judgmental, supportive environment)
6. *learning leads to identity formation, growth* = **flowers**  
(implication: respect individuality of each member)