

Learning as an Adult

Prepare yourself to succeed. Strive to develop and appreciate the following habits:

As an adult learner, you...

- Tend to be self directed
- Have a rich reservoir of experience which serves as a resource for learning
- Are frequently affected by your need to know or do something
- Tend to have a life, task, or problem centered orientation to learning
- Are generally motivated to learn from within (internally/intrinsically)

Adult Learners, as they return to and progress through their education, often question and reevaluate their original assumptions and motivation as they use education to recreate their lives.

Your learning will be more successful if you:

- Take an active role in planning, monitoring, and evaluating your education
- Discard preconceived notions about what college is and isn't; open your mind to the experience
- Choose subjects and courses relevant to your job/profession or personal life that fit into your academic program

“Education is a companion which no misfortune can depress, no crime can destroy, no enemy can alienate, no despotism can enslave.”

Joseph Addison, English 1672-1719

*Adapted from:
Explorations in Learning & Instruction: The Theory Into Practice Database (TIP); Andragogy
(M. Knowles)*

Have Questions?
Contact the Career Services Office at:
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