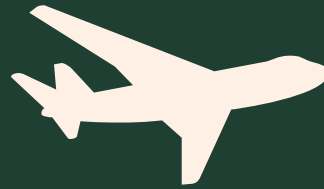


Principle 2

Experience

Every learner brings past journeys with them — we pack new skills on top of prior experiences.



PlanetEd

Website:

planeted.org

Article:



Designed by
Olivia Tomski



FOUNDATIONAL

Principles

of Adult Learning

Principle 1

Self-Direction

Adults want to steer their own learning — but they need a GPS to set goals and road signs to stay on track.



Principle 3

Readiness



Learning moves forward when the light turns green — timing matters as much as relevance.

Principle 4

Problem-based

Adults want what's useful right now — learning sticks when it meets real needs along the way.



Principle 5

Motivation

Learners push forward when they see the destination ahead — a goal that feels real and worth the trip.