

Adult Learning Theory Resources

No professional training program is complete without integrating aspects of adult learning theory into its development and application. Following are resources that can help you understand and apply adult learning theory to create an effective training program.

General Resources

[Adult Learning Theories: Impacting Professional Development Program](#) is an article that discusses stage, age, cognitive, and functional theories as they relate to adult learning, written by Yvonne D. Trotter (2006).

[Application of Adult Learning Theory](#) provides a short summary of the primary principles of adult learning theory and how to apply them. Developed by the U.S. Department of Agriculture and adapted from Knowles, M. (1996). (Available for purchase: The ASTD Training and Development Handbook: A Guide to Human Resource Development. In Robert L. Craig (Ed.), NY: McGraw Hill.)

[Learning Theories/Adult Learning Theories](#) provided by Wikibooks describes several theories on adult learning, including andragogy, multiple intelligences, experiential learning, and Jarvis's Learning Process and Adult Learning Theory.

[North Central Regional Educational Laboratory](#) is sponsored by Learning Points Associates and provides a short list of important points of adult learning theory that should be considered when professional development activities are designed for educators.

[Principles of Adult Learning](#) is an on-line article that covers how adults learn, what motivates adults to learn, barriers to motivation, learning tips for effective learning, and more. This article is written by Stephen Lieb, Senior Technical Writer and Planner, Arizona Department of Health Services and part-time Instructor, South Mountain Community College.

[Principles for Adult Learning Theory, Evidence-based Teaching, and Visual Marketing: What are the Implications for Toolkit Development?](#) is a literature review providing a comprehensive discussion and examples on adult learning theory and other applications written by Yannacci, J.; Roberts, K.; and Ganju, V. for the Center for Mental Health Quality.

Adult Learning Theory Toolkit Format

[Adult Learning](#) presents an interactive on-line toolkit about trends and theories in adult learning today. It is prepared by Julie Conlan, Sarah Grabowski, and Katie Smith at the Department of Educational Psychology and Instructional Technology, University of Georgia.

Adult Learning Theory Distance Education

[Adult Learning Theory: Implications for Distance Education](#) provides links to 10 online resources that provide more information about adult learning theory and teaching strategies created and maintained by Linda Jensen at Arizona State University (1998).

[Project IDEAL](#) (Improving Distance Education for Adult Learners) is a consortium of States working together to develop effective distance education programs for adult learners. Through collaborative research and practice, the consortium works to raise the quality of distance education across the country. It was established to raise the quality of distance education across the country.) The project was funded in part by the U.S. Department of Education.

Adult Learning Theory Publications

[Adult Education – Selective List of Key Publications](#) provides a list of adult learning books and papers published between the 1980 and 2008. It was compiled by Lisa Krolak and Imke Behr (June 2008) and lists about 30 books.

Adult Learning Theory and Job Descriptions

[Adult education lecturer: Job description and activities](#) is an article that defines ‘adult education’ more precisely and discusses lecturers or tutors who teach a wide range of subjects and skills ranging from art appreciation to languages and IT skills, and increasingly, Skills For Life/Skills for Business.