

Assumptions about Adult Learners	How can I support myself as an adult learner?
As people mature, they become more self-directed in their learning	
Adults have knowledge and experiences that can be used as resources for learning	
Adults want learning that addresses their immediate needs	
Adults become intrinsically motivated when learning addresses their needs	
Adults want learning that is more problem-centered versus subject-centered	
Adults want to be involved in the planning and assessing of their own learning	