Teaching Tips and Techniques for Age 50+ Learners

The learning process for age 50 Plus learners should be based on an **Experiential Learning Theory (ELT)**. It is the process whereby knowledge is created through the transformation of experience and results from the combination of transforming experiences. There are several different theories, but they all agree that the more varied the instructional opportunities learner’s experience, the greater the depth and breadth of learning.

**Tips**

- Build on learner’s experiences – they are the cornerstone on which all educational opportunities are built
- Provide for socialization within the classroom
- Most prefer a traditional classroom setting
- Information needs to be repeated to insure retention
- Use large print handouts (14+ fonts)
- Harder to teach, but more appreciative
- Explain why a particular topic is important to learn, establish relevance
- Help student’s overcome inhibitions and negative beliefs about learning
- Integrate new information with previous experiences
- Learners learn the most by teaching someone else

**Techniques**

- Preferred method of teaching is lecture method supplemented with hands-on activities
- Preferred learning style is visual
- Traditional instruction led by an instructor (sage on the stage)
- Plus 50 learners are visual, followed by auditory, and then hands-on
- Faculty need to use “active listening”
- Provide stable, safe environment. Long term memory is affected by emotions. The more powerful the emotion, the more lasting the memory

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