

ADULT LEARNING STYLES

Critical Access Hospital Quality Improvement Bootcamp

2023



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

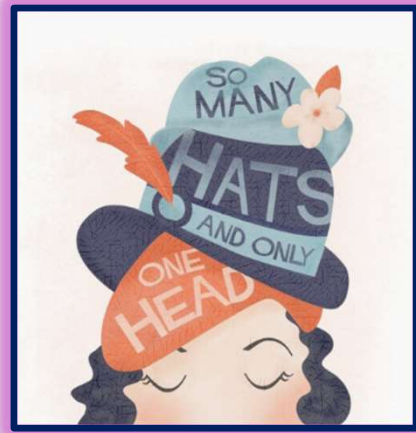


Texas Hospital Association Foundation

LEARNING OBJECTIVES

- Identify adult learning styles
- Discuss importance of understanding adult learning styles
- Apply adult learning styles to education development
- Apply adult learning styles to patient education

WHY ARE WE TALKING ABOUT ADULT LEARNING STYLES?



ADULT LEARNERS



Group of adult learners. Digital image. 2019.
<https://blog.edmentum.com/three-best-practices-engaging-adult-learners-all-levels>.

- Internal drive/desire to learn
- Engage in self-directed learning
- Ability to draw upon previous experiences
- Ability to use new knowledge to solve real-world problem

LEARNING STYLES

Visual



Pictures

Written out

Maps/graphs/charts

Remember best by seeing

Auditory



Listening and engaging

Lectures, discussions, reading aloud

Remember best by hearing and
saying things aloud

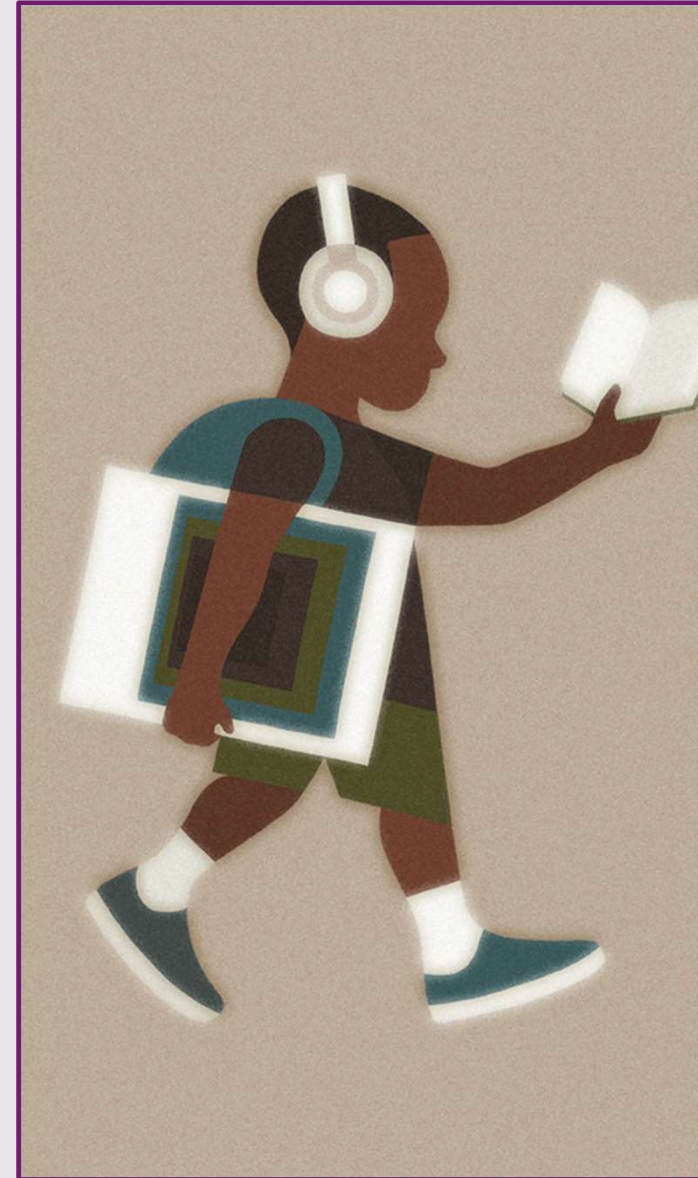
Kinesthetic



Tactile -- touching, feeling,
and experiencing

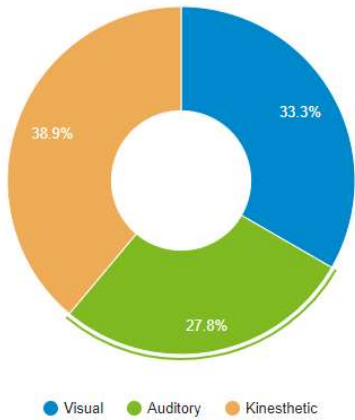
Remember best by
writing/typing/doing

WHAT IS YOUR
LEARNING STYLE?



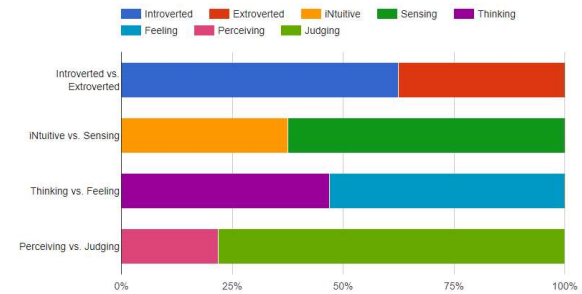
You are a **Kinesthetic-ISFJ** learner

INTROVERTED SENSING FEELING JUDGING



Detailed breakdown of ISFJ score:

Just like most things in life, the results for you are not black and white. We all vary in the degree we adhere to each personality trait. Sometimes an introvert, is almost an extrovert. Sometimes somebody who is thinking is also very feeling. These graphs break down in more detail your results. Just click on each color to see the exact score.



OPTIMAL LEARNING SITUATIONS:

- Emotions play into learning new material.
- They understand how the material can be applied to people and situations.
- Repetition of material and thorough examples.
- Material is available for review on call.



WHERE THE ISFJ STRUGGLES:

- Overly conceptual learning situations.
- They are unable to relate to the material or see where it will be beneficial in real-life scenarios.

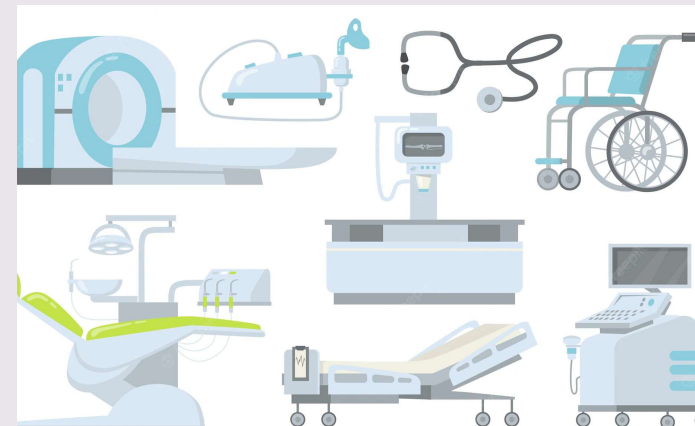
LEARNING OPPORTUNITIES

New policies

New equipment/supplies

De-escalation Training

Staff meetings



TIPS FOR TEACHING/ENGAGING ADULT LEARNERS

- Keep lessons relevant
- Tell stories
- Avoid cognitive overload
- Get everyone involved
- Encourage questions and discussion
- Provide feedback
- Offer encouragement
- Be flexible
- Be passionate



Representation of presentation. Digital image. 2022.
<https://elearningindustry.com/pedagogy-andragogy-and-adult-learning-theory>.

PATIENT AND FAMILY CONSIDERATIONS

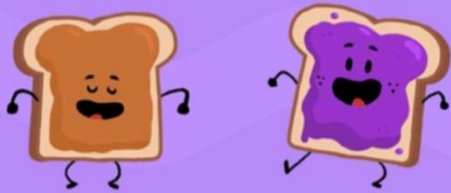
Plain Language

Simple Materials

Implicit Bias

Cultural Competency

BRAINSTORM IDEAS FOR ENGAGING PATIENTS IN THEIR HEALTH EDUCATION



DEVELOP EDUCATION

For the visual learner
For the auditory learner
For the kinesthetic learner



THANK YOU!

QUESTIONS?



Photo by Nina Costilla

REFERENCES

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