INSTRUCTIONS

Now that you know the key differences of adult learners, how would you adapt the following scenarios to make them more applicable to adult learners? Read each scenario below and answer the questions that follow:

Scenario A: As the nutrition instructor, you are discussing the importance of starting each day with a healthy breakfast.

• How can you set the stage for participants to better decide what is important to be learned?
• How can you make sure that the information you share is useful and relevant to participants?
• What questions can you ask about breakfast that will help draw out the experience of participants?
• How would you respond to a participant who says “I never eat breakfast—I’m not hungry that early and I hate breakfast foods. This doesn’t apply to me”? (fixed point of view)
• How could you use two different learning styles to teach this topic?

Scenario B: You are giving a grocery store tour to a group of mothers of young children.

• How can you set the stage for participants to better decide what is important to be learned?
• How can you make sure that the information you share is useful and relevant to participants?
• What questions can you ask during the tour that will help draw out the experience of participants?
• While in the produce section, how would you respond to a participant who says “My kids hate all vegetables – they’d never eat that.”? (fixed point of view)
• How could you use two different learning styles during your tour?