SIX PRINCIPLES OF ADULT LEARNING

1. **Adults are internally motivated and self-directed.**
   
   Amina is new to the United States and wants to help her family be successful by learning as much as possible in CO.

2. **Adults bring life experiences and knowledge to learning.**
   
   Dao is excited to talk about health in CO, since she was a health care professional in her home country.

3. **Adults are goal-oriented.**
   
   Josef is a newly arrived refugee in the United States and he wants to find a job to be self-sufficient.

4. **Adults are relevancy-oriented.**
   
   Babarak has children, so he’s very interested in learning more about the education system in the United States.

5. **Adults are practical.**
   
   Hana needs to write checks and be comfortable with banking in the United States, so she can pay her bills.

6. **Adult learners like to be respected.**
   
   Khin is more than a refugee. He is a father and grandfather, a husband, and a professional.

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