



# Characteristics of Adult Learners

<p>Adults like choices.</p>	<p>Adults need a change in state every 6-8 minutes.</p>	<p>Adults who do not summarize information lose it within 1 hour. The average adult forgets 25% within one hour and forgets 85% within one week.</p>	<p>Adults suffer from brain chaos and thrive on predictability.</p>	<p>Adults don't argue with their own data.</p>
<p>Adult learners fear failure and struggle with risk-taking. Caregivers who participate in the session within 30 minutes of the start are 40% more likely to be active participants.</p>	<p>Adult learners need multiple exposures to the same information via auditory, visual, and kinesthetic-tactile experiences.</p>	<p>Adults formulate their impression of a learning situation within the first 90 seconds.</p>	<p>It takes 21 attempts at something new for an adult to establish a pattern and 90 times for something to become automatic. (child-10 and 85)</p> <p><b>21/90</b></p>	<p>Adult learners are reluctant to accept and try new ideas. Coaches must have tools for convincing caregivers that learning something new and different will benefit them.</p>