Adult learners

This hOT Topic contains information relating to occupational therapy personnel as adult learners; it also draws on literature where adult learning principles have been adopted into the practice setting.

There is much debate about the differences between the art and science of teaching children (Pedagogy) compared to the art and science of teaching adults (Andragogy). It has been questioned if the two are different at all and both are set in the context of a larger debate, including how to support self-determined learning across the lifespan (Heutagogy). These debates are beyond the scope of this hOT topic which instead focuses on the following assumptions on how adults like to learn i.e. we like it when we: know we need to learn something; can draw on our own experiences and share them; can direct elements of the learning; apply our knowledge back into practice; and get feedback on the progress made.

This hOT Topic is a starting point and overview of key readings including articles, books and selected websites relating to adult learners for members of the Royal College of Occupational Therapists. This reading list is not exhaustive and does not provide information about all adult learning theories.

To order articles please request a photocopy form from the library. The form can also be downloaded from our website (www.rcot.co.uk). Please note all photocopies will now be supplied at a standard charge of £3.00 per article. This includes postage and handling. A maximum of six articles can be ordered at any one time. This service is only available to RCOT members.
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Ozuah P (2005) First, There was pedagogy and then came andragogy. The Einstein Journal of Biology and Medicine. 21, 83-87.

INTERNET RESOURCES

Toolkit for self-directed learning
https://www.rcot.co.uk/practice-resources/learning-zone/toolkit-self-directed-learning

Would you like to host a critical film night, run a debate session or set up an action learning set? All these types of learning are based on adult learning assumptions and RCOT have produced a range of tools and templates for members to download and use to support learning together:
https://www.rcot.co.uk

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