

## Teaching Adults 50+

Memory is like a sponge in water, too much water, the sponge won't be able to absorb. Prevent overloads by sticking with four chunks of information at a time.

Mnemonic techniques such as acronyms can make remembering easier. Example: The Great Lakes: Heron, Ontario, Michigan, Erie, and Superior = HOMES.

Engagement is key. Be aware of different learning styles:

- Auditory: learn most effectively by listening
- Visual: learn by seeing and looking
- Kinetic: learn by manipulation or touching

Depending on the subject, use reflection and interaction instead of straight lecture. Consider counting to yourself for 3 seconds after you ask a question. Some folks need time to process.

The OLLI audience tends to fall into 3 categories.

1. Sit back and learn
2. Dig in and learn
3. A combination of both

How you engage with your class and present materials will motivate how involved they get in learning.

Use images, videos, music and try to ask questions that have no right or wrong answer. Get participants to share what they think and why.

Make sure Homework is not required but that it will enhance their participation in the next class, ask people who did the homework if they would like to share with the class.