

## Creating an Optimal Adult Learning Environment

- 1.
- 2.
- 3.
- 4.

### To Accelerate Learning

1. Use Mind Maps
2. Help learners relax, be ready to learn and feel confident Use positive suggestion
3. Develop high rapport / low threat
4. Hydrate
5. Use music
6. Add movement
7. Engage emotion safely
8. Deliver the content in many ways
9. Explore the learning through varied intelligences
10. Utilize memory and review techniques
11. Have learners demonstrate their learning
12. Finish with reflection & celebration

### The Impact of Review - This review schedule improves memory by 93%

- |                          |           |
|--------------------------|-----------|
| 1. Review after 1 hour   | 5 minutes |
| 2. Review after 1 day    | 5 minutes |
| 3. Review after 1 week   | 3 minutes |
| 4. Review after 1 month  | 3 minutes |
| 5. Review after 6 months | 3 minutes |

### Retention Levels

	Hear –	Say-	Do				90%
	Say	(repeat)				70%	
	Hear &	see		50%			
	See		30%				
	Hear	20%					
.Read	10%						

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Use a Mind Map as you acquire new information today.