



# 10 TIPS FOR TEACHING ADULTS

becoming a teacher

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Once you start teaching, you will realise that at one point you will need to start differentiating your skills in relation to teaching different age groups. There are many similarities and differences between teaching children and adults, but we need to make sure we understand those distinctions to make our classroom atmosphere conducive to learning.

Knowing these top 10 tips for making lessons more applicable for adult learners will definitely influence your planning and teaching and will support you to adapt flexibly to your new role.

18+

## #1. Remember that your students are adults.

You may even find out that some of them are older than yourself. This is great as this means they might be experts in subjects you don't know about. Show appreciation for what they are sharing with you without being patronising.



## #3. Know your students well.

Start with thorough initial assessment, then plan your lessons playing to your students' strengths and addressing their needs by skilful **differentiation**. Yes, there is always room for stretch & challenge, so show that the magic happens outside our comfort zone.



## #5. Use the power of teamwork.

Encourage teamwork to solve problems and set up some group projects to utilise life skills. Promote following instructions carefully and keeping constructive discussions.



## #2. Build professional relations from the very beginning.

Agree together on ground rules and exchange mutual expectations. Keep all communication channels open and adapt to changes.



## #4. Use Emotional Intelligence (EQ).

When planning, consider which topics may be sensitive. When teaching, try to understand what others are feeling, what their emotions mean, and how these emotions can affect classroom dynamics.

*"People will forget what you said,  
people will forget what you did,  
but people will never forget how  
you made them feel."*

*M. Angelou*

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## #6. Support all learning journeys from the start.

However, give your students autonomy and “don’t be a sage on the stage, be a guide on the side”. Timely and constructive feedback with ideas on how to improve is always your ally.



## #8. Cultivate the habit of growth mindset.

There is always room for improvement and we need to be positive about it. Understanding that mistakes are good is crucial here.



## #10. Highlight the importance of wellbeing.

It is fundamental to the overall health of an individual, enabling them to successfully progress and achieve.



## #7. Celebrate Equality & Diversity.

Be curious about your students’ background and life experiences. Encourage your students to share their stories and consider how these elements may be embedded in your classroom situations.



## #9. Don't assume.

Be aware of your **cognitive biases** as you definitely have some of 175 of them! Ask questions and **listen actively** to understand your students better.

*For your homework,  
you may want to  
explore further all  
the phrases in  
purple.*



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