


The slide features a central circular graphic with a green and white pattern, containing the text 'ToT'. Below the graphic, the text reads 'Diabetic foot care training of trainers' and 'Adult learning'. In the bottom left corner, there are logos for 'Australian Aid' and 'motivation australia'.

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Aims and objectives

Aim: To introduce the concepts of adult learning and different styles of learning and to understand how these approaches can improve delivery of diabetic foot care training.

Objectives:

- Describe how adults learn
- Describe four preferred learning styles, including your own
- Explain why learning styles are relevant in delivering diabetic foot care training
- Describe how trainers can support participants with problem solving.

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Activity: your adult learning experiences

In pairs:

- Think about positive learning experiences you have had
- Write down how they were positive
- Share your experiences with your partner.



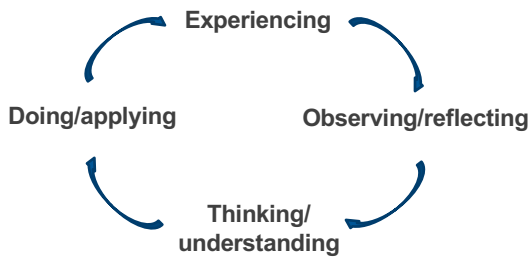
Activity: what is your learning style? ³

Individually:

- Think about how you learn best, how you like to learn new things.
- On the question sheet, circle all of your preferences.
- On the scoring sheet, circle the same letters and add up how many circles you have in each column to find your preferred learning style.



Experiential learning cycle ⁴





Teaching methods for all ⁵

- Role plays and simulations for 'experiencers'
- Videos and demonstrations for 'observers'
- Lectures on theories and frameworks for 'thinkers'
- Practice sessions for 'doers'.



Activity: Putting concepts into practice

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Individually:

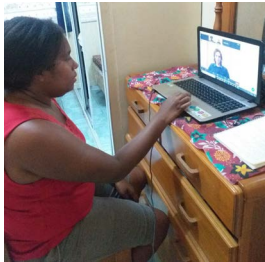
- Read what styles of learning Carlos, Miriam, Sita and Ahmad prefer.
- Read each of the training activities listed and decide who would find the activity most appealing, considering their learning style.
- Later you can review the list of activities with respect to your own preferred style.



Adult learners: self directed

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Adult learners are self-directed and responsible for their own learning.





Adult learners: existing knowledge

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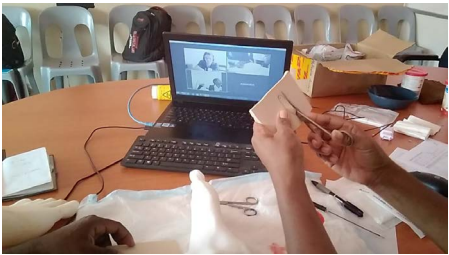
Adult learners bring their own knowledge and experience to learning.



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Adult learners: practical learning


Adult learners need learning to be relevant and practical.



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Adult learners: apply what they learn


Adult learners want to apply what they have learned.




11

Question

What is problem solving?


 **Question** 12

Why is problem solving an important life skill?

 **Activity: problem solving** 13


In pairs, discuss:

- How can we help participants to problem solve and find their own solutions?

 **Developing problem-solving skills** 14

- Ask open-ended questions
- Ask rather than tell
- Invite others to participate
- Avoid 'I don't know'
- Be patient
- One step at a time
- Encourage creativity
- Encourage teamwork.

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Key point summary

Everyone has a preferred style of learning:

- By experiencing
- By observing
- By thinking
- By doing.

The diabetic foot care modules written by Motivation Australia are designed to appeal to all learning styles.




Thank you



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