

## Workshops for Adults

***“Don’t Treat Me Like a Kid!”*** (This workshop may be adjusted to fit the following formats: 1 Hour, **2 Hours**, or Half Day) Adults learn quite differently than children. Therefore, teaching strategies needed to be adjusted to meet the needs of how adults learn differently than younger students. This workshop is ideal for adult learners as well as for those who teach or train adults in the workforce. Why are some training sessions better than others? Is it the trainer, the subject matter, or is it the way it’s presented? If employers want to see that their employees retain information presented at their training sessions, then they must present it in such a way that the adults learn best. Adults are not used to sitting at a desk all day listening to someone lecture at them. This seminar explains the best teaching strategies and methods to use to keep adults engaged and help them retain the information they just learned.

Essential Questions:

- *“What type of learner are you?”*
- *“Name three strategies you can use to help you retain information you just learned.”*
- *“Does the use of technology help or hinder your learning?”*
- *“If you are a trainer or teacher for adult students, how will you adjust your presentations to better fit the needs of your class?”*



***“The Aging Brain, or ‘Where did I park my car?’”*** (This class is designed for senior citizens or for those adults interested in understanding what lies ahead as they enter into the golden years. This workshop may be adjusted to fit the following formats: 1 Hour, **2 Hours**, or Half Day.) One should never stop learning and as we age we begin to wonder what is really happening to our brains. This workshop gives the basic understanding of *how the brain learns best* and what we can do to improve memory and our over all health. What are the effects of stress on the brain and how do we cope with it? Discussion will include topics such as what is “normal memory loss” as compared to the beginnings of Alzheimer’s Disease. Strategies presented will help the participants improve their learning weaknesses and use their strengths to greater efficiency.

Essential Questions:

- *“How do we learn?”*
- *“How do we form memories and where are they stored?”*

- *“Name five strategies you can use to improve your memory?”*
- *“What is effect of stress on the brain?”*
- *“What is the difference neurologically between Alzheimer’s Disease, Parkinson’s Disease and Multiple Sclerosis? Can I do anything to stop a disease like this from happening to me?”*

