

## Resources

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# *Adult Learning Methods*

A Review by Donald C. Guthrie

***Adult Learning Methods: A Guide for Effective Instruction*, edited by Michael Galbraith. (1990). Krieger: Malabar, FL, 32950. 440 pages.**

This book is like a pizza with the works; a satisfying and solid base is followed by a rich blend of method and technique, and topped with an impressive variety of authors. The adult educator will find plenty to chew on in a collection that offers equal doses of adult learning and adult education practice.

The book is divided into three sections. Part one, "Understanding and Facilitating Adult Learning," discusses necessary attributes for the adult educator as well as adult learner characteristics. Following this is an excellent chapter on identifying the educator's philosophical orientation. This much overlooked topic gets a thorough treatment, and a self-scoring inventory is included. Practitioners would do well to spend some time in this chapter before rushing to the more pragmatic "how to's" later in the book. Next, a self-scored inventory of preferred teaching styles is followed by an outstanding chapter on motivation. It includes 16 strategies to motivate adult learners. The section concludes with a discussion on the art of questioning.

The second section, "Methods and Techniques," includes 12 useful educational tools. Most of these method chapters are guided by a set of identical practical questions which Galbraith lists in the preface. These include: How is the method defined? What audience is most appropriate for the method? What are the advantages and disadvantages? What are the lines of communication between instructor and learner? How do you evaluate the method? The questions are applied to chapters on a variety of adult learning topics. No matter what the practitioner's level of interest in a particular topic, there is enough material in each chapter to gain a considerable amount of helpful information.

Part three, "A Future Perspective," discusses four factors that will shape the future of adult education. Trends in social, demographic, economic, and technological spheres are succinctly covered. Possible scenarios for adult education in the future are also included.

Galbraith suggests this book as a classroom text or as a resource book to meet a variety of needs and interests. Whatever the context, *Adult Learning Methods* is a valuable resource. Order one to go!