

Adult Learning Principles and the Coaching Actions that Align

Principle

Adults are internally motivated and self-directed.



In Cox Campus Instructional Coaching, teachers and others who are coached choose learning goals they're interested in pursuing, with guidance from their coach.

Adults bring their life experiences and knowledge to learning.



Cox Campus instructional coaches value the coachee's experiences and make ample room for them, in the coaching relationship. They continuously encourage teachers, and others they coach, to connect their past experiences with their current learning activities.

Adults are goal oriented.



In Cox Campus Instructional Coaching, learning outcomes are clearly identified, and action steps defined so that objectives are reached within a given period of time.

Adults are relevancy oriented.



In Cox Campus Instructional Coaching, coaches explain the "why" behind what learners are asked to do so they can more clearly relate it to their own work and goals.

Adults are practical.



Cox Campus Instructional Coaching is focused on the application of research-based practices that teachers and others can quickly put in place in their classroom.

Adults like to be respected.



Cox Campus instructional coaches see all adult learners as equals and encourage them to share their opinions, experiences, and knowledge. Cox Campus is a virtual space where the learner feels safe, respected, and supported.