



Session Plan:

Duration: 2 hours

Teacher:



Aim of session: To understand what Motivates adults to Participate in Lifelong Learning



Learning Outcomes:

Learners will be able engage in practical activities and produce a self reflection log.

Learners will

- Objective 1 – To understand what lifelong learning is
- Objective 2 – What are Motivating Factors
- Objective 3 – To be able to Motivate Adults
- Objective 4 – Barriers and how to overcome them
- Objective 5 – My Goals

Timing 	Trainer activities	Learner activities	Resources required	How is inclusion catered for?	How it impacts on target group of Women	Assessment methods	What opportunities do learners have to practise their skills?
0-10	Introduction. Who are we Icebreaker .	-	PowerPoint, projector, laptop, Flipchart paper	-		-Energisers	
10-20	Introduction – Contents	Presentation-listening, questions Flipchart	PowerPoint	All learners addressed and any questions answered. VARK Differentiation Varied Resources		-	-
20-50	Objective 1 What is lifelong learning EXERCISE and Feedback 20 exercise Plus 10 feedback	Discussion activity, listening	Flipchart paper Pens	All learners addressed, any questions answered. Group participation encouraged. Differentiation Varied Resources	Sharing learning	Questions throughout Peer Assessment	Communication Skills literacy Confidence Empowerment Public Speaking Teambuilding
50-60	Objective 2 Motivating Factors	Discussion Groupwork	Flip chart	All learners addressed, any questions answered. Group participation encouraged. Differentiation Varied Resources	Sharing learning Reflection		Communication Skills literacy Confidence Empowerment Public Speaking Teambuilding
60-70	TEA BREAK 						
70 -85	Objective 3 Motivation	Discussion	presentation				
85 -105	Overcoming Barriers Exercise	Exercise and Feedback	PowerPoint Flipchart paper	Differentiation Varied Resources	Sharing learning	Two way communication	Communication Skills literacy Confidence

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							Empowerment Public Speaking Teambuilding
105-115	My Goals . Learner Log Reflection - include model 	Discussion Engagement	PowerPoint, projector, laptop, Flipchart paper	Differentiation Varied Resources	Shared Experiences	Self-Assessment Reflection	Communication Skills literacy Self Reflection Confidence Empowerment Public Speaking Teambuilding
115-120	Close						
15 mins 8.30 – 8.45	Activist. Pragmatist, Theorist , Reflector activity	Group work	PowerPoint, projector, laptop, Flipchart paper	Differentiation Varied Resources		Worksheets	Communication Skills literacy Confidence Empowerment Public Speaking Teambuilding