

Bite-sized Learning Best Practices

Brief, bite-sized learning, such as AIHA Connect Pop-Up sessions, go by quickly. It is important to ensure your presentation has a big impact in a short amount of time. Adults have diverse learning preferences based on their life experiences and motivations, therefore understanding some bite-size learning best practices can enhance engagement, increase retention, and magnify overall learning. Consider the specific needs of adult learners as you prepare your Pop-Up presentation.

Consider the Types of Adult Learners:

- **Visual learners:** Prefer learning through images, diagrams, graphs, and visual aids
- **Auditory learners:** Learn best by listening to lectures, discussions, and audio recordings
- **Kinesthetic learners:** Benefit from hands-on activities, simulations, and practical applications

When an Adult Learning Style Aligns with Adult Learners:

- There is more active engagement
- Learners stay focused on the session
- There is relevance to their prior knowledge and the individual goals of the learners
- Learners can clearly connect new information to their existing experiences
- The relevance of the information is made clear and practical
- Learners appreciate material that is directly relevant to their current needs and work roles
- Learners feel a sense of ownership which can boost motivation

Keep Accessibility in Mind with Bite-Size Learning

- Keep your content concise, clear, and easy to follow
- Incorporate diverse visual elements such as color and pictures
- Provide options for interaction among the audience
- Cater to different learning styles through varies formats
- Ensure navigation of your information is easy to follow
- Prioritize accessibility features to reach a wider audience

Keys to Accessibility and Bite-Size Learning:

- **Short, focused content:** Deliver information in small, digestible chunks, focusing on a single learning objective
- **Visual appeal and variety:** Utilize images, infographics, graphs, and videos to engage visual learners
- **Interactive elements:** Include interactive activities such as quizzes, polls, simulations to cater to kinesthetic learners
- **Clear navigation:** Design intuitive navigation with clear labeling and easy access to key information to support learners with cognitive disabilities
- **Captioning:** Provide captions for all videos for audio content to support learners with hearing impairments

- **Adjustable text size:** Allow learners to adjust font size for better readability
- **Color contrast:** Ensure sufficient color contrast to support learners with visual impairments
- **Learner experience:** Tie learning content to practical scenarios and situations relevant to adult learners' work

Consider Integrating these bite-size best practices into your AIHA Connect Pop-Up session to make a memorable and practical impact on your adult learners. You can create bite-size learning experiences that are accessible, engaging, and tailored to the diverse learning styles of adult learners.