

Ready to Learn

Learning Depends On:

- **Motivation** (wanting to learn) – Having something inside that causes you to take action
- **Ability to learn** - May depend on your physical health, your development, and ability to understand what is taught
- The learning **environment** - Should be a comfortable and quiet place

Barriers to Learning: (Mark below the ones you have and discuss ways to overcome them)

Emotion and Motivation

- Being frustrated by so much to learn during a short time
- Having stress and anxiety from your illness
- Feeling a loss of control, lack of privacy, or social isolation
- Having negative attitude about learning or being unwilling to set realistic goals
- Unwilling to learn more (“I’ve already learned enough”)
- Feeling disrespect from social or cultural differences, religion or beliefs
- Denying the problem, having poor motivation or lacking cooperation
- Having behavior or motivation problems from a psychiatric illness like psychosis, depression, mania, or hyperactive behavior
- Having a learning style that doesn’t match the way the information is presented. Mark your learning style preference here:
 - Visual learning style (seeing)
 - Kinesthetic learning style (with activity, or “hands-on” learning)
 - Auditory learning style (listening)

Ability

- Not enough strength, movement, or coordination to participate
- Tiredness or fatigue
- Pain or discomfort
- Sensory problems, like poor vision or poor hearing
- Low reading level or low literacy level (or other reasons for not understanding)
- Low developmental level, young age, or being immature

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- Problems with cognitive ability (processing information, thinking or remembering) could be from learning disabilities, dementia, or thought disorders)

Environment

- The room is noisy or full of distractions
- Lights are too bright or too dark
- Temperature of the room is it too hot or cold
- Arrangement of the room is uncomfortable, crowded or lacking privacy
- You learn best at only certain times of the day
- Equipment or learning resources are unavailable

Ways to Help Yourself Learn (Mark the following resources you have)

- Understanding and support from family and friends
- Family or friends who are able and willing to be with you for care and education
- Resources and support that are ready for when you go home
- Teaching tools, like handouts, online resources, videos, CDs, etc.
- Willingness to ask people to repeat or explain things again “in plain language” if you don’t understand
- Going to education programs that are offered
- Counselors or therapists to talk to
- Communication with your health care team when you have any questions
- Avoiding alcohol or recreational drugs
- Using hearing aids, glasses, or other assistive devices as needed
- Sharing your goals and ideas with your health care team
- Relaxation or coping skills to decrease the anxiety that makes learning harder
- Journaling or writing down things to help you remember

Modified from: Bastable, S.B. (2003). Overview of education in healthcare. In Nurse as educator: Principles of teaching and learning for nursing practice. Sudbury, MA: Jones and Bartlett Publishers. pp 16-17. Retrieved online 8-27-09 from <http://www.jbpub.com/samples/0763751375/Chapter1.pdf>

Modified from: Buchholz, S. J. (n.d.) Retrieved from East Central College Website, at http://www.eastcentral.edu/library/reserves/patient_teaching.htm