**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
* 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>