

Factors Affecting Learning

Any of these factors can influence the adult reader's ability to learn.

Environmental Factors

LIGHT

Readers who squint or tip back their chairs may be bothered by glare. Some people have trouble reading in fluorescent light. Try natural or incandescent light if possible. Sunglasses or a visor may help.

SOUND

If your student is used to background noise (radio or TV) at home, a radio turned on low may help concentration. If your student needs quiet, close the door.

TEMPERATURE

If possible, adjust the temperature to suit your student.

Physical Factors

POSITION

While some people like to sit at a desk when they read, others like to lean back and put their feet up. Ask how your student likes to read at home, and try to accommodate that style.

MUSCLE STRENGTH

Students whose eyes or hands tire quickly after reading or writing build up muscle strength gradually. Start with only a few minutes and build from there. Also, a student with eyestrain may need a vision checkup.

INTAKE

Arrange for breaks to meet your student's needs.

TIME OF DAY

If possible, arrange your sessions in the morning for a "morning person" and in the evening for a "night person."

MOBILITY

Your student's limit for sitting may be shorter than yours. Check regularly to see if your student needs to stretch.