

**ASSESSMENT****Total Marks: 30**

**Answer the following questions:**

**Q1:** Short Questions:

(24)

- I. How might you help your mentee to identify and set their goals?
- II. What does the term SPIRIT stand for?
- III. What are the SPIRIT goals? How does this approach help to set goals?
- IV. What is adult learning? What distinguishes it from other learning?

**Q2:** What are the key principles of adult learning?

(6)