The knowledge and utilization of adult learning principles plays an important role in the development of professional development plans in Head Start programs. There are several theories on how adults learn and under what conditions are optimal. This case study of four Head Start programs in the Pacific Northwest demonstrates how programs are currently using adult learning principles and also indicates areas for potential growth. This study sought to determine (1) how Head Start program directors and education managers describe their professional development programs and processes and (2) in what ways adult learning principles are evidenced in staff development plans in Northwest Head Start programs. The purpose of this dissertation is to study annual program professional development plans in Head Start programs through an adult learning lens.