

Introduction:

In this activity, you will examine your own journey of transformation and identify a personal transformative learning experience from your past.

Participant Instructions:

1. Review the following information on Transformative Learning Theory:

Mezirow's Transformative Learning Theory:

"...upon acquiring new information, adults evaluate their meaning structures (their perspectives and assumptions) and may alter their worldview accordingly." (Willard, 2022)

Transformative Learning:

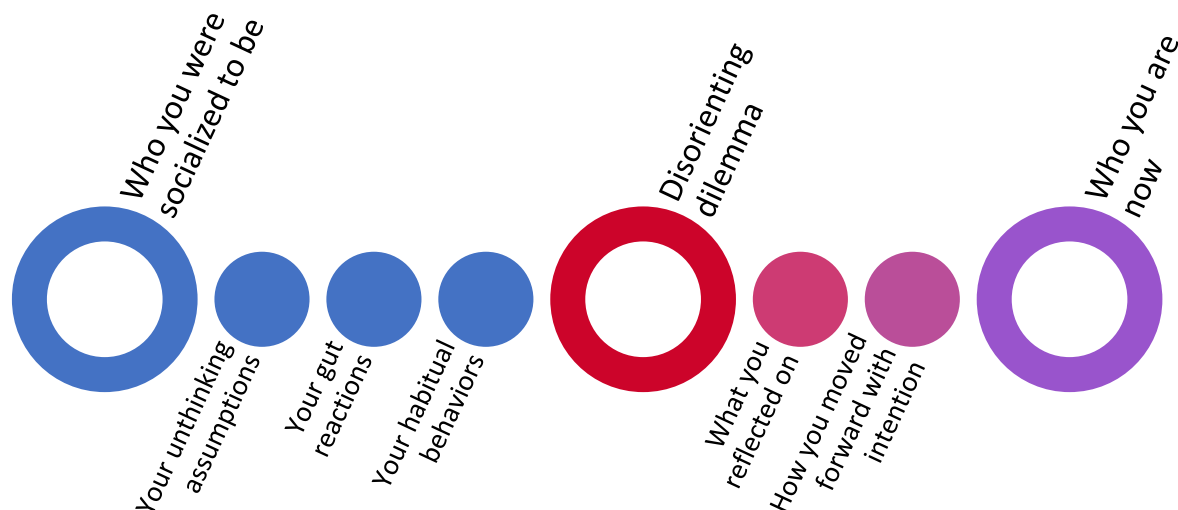
"...learning that transforms problematic frames of reference to make them more inclusive, discriminating, reflective, open, and emotionally able to change." (Mezirow, 2009)

2. Think of a time when, as an adult, some aspect of the way your "self" is fundamentally structured has shifted. The change could be in any combination of your ontology (way of being in the world), identity (sense of who you are in relation to others), or epistemology (processes of meaning-making or learning).

Use the graphic organizer below to think through your transformative learning experience. Some people find it helpful to start at the disorienting dilemma, but you can enter the diagram at any point and move in any direction.

Feel free to doodle, sketch, jot down notes, write in narrative form, speak to yourself, or whatever other brainstorming techniques you find useful.

Be prepared to share both what you discover about yourself and, on a metacognitive level, what this process of self-discovery was like.



3. Debrief:



- What did you notice about any similarities or differences between your Transformative Learning “story” and fellow participants’ stories?
- What is your biggest take-away from thinking through a Transformative Learning experience in this way?
- What was the most challenging thing about this activity? Why was it hard?
- Is the way your story turned out the only possible response to that disorienting dilemma? How might it have happened differently? What do you think are common reactions to transformative learning opportunities (other than growth/development)?