**Content Questions**

Loretta

PHI 800-12: Transformative Learning and Adult Education

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I've chosen Transformative Learning Theory. My most formative course element has been the Critical Reflection Component, especially when framed through Jack Mezirow's groundbreaking Transformative Learning Theory. I want to apply interdisciplinary knowledge and integrate religion and the social sciences into my field of interest or profession. This has given me a firm platform to actively seek out and evaluate various perspectives, question my own judgments, and improve my knowledge and conduct.

Transformative Learning Theory says critical reflection is life-changing introspection, not simply thinking Rodríguez (Aboytes & Barth, 2020). It involves critically analyzing how our ideas, beliefs, and social structures shape our worldview. Mezirow's argument emphasizes the need of a "disorienting dilemma"—a moment of cognitive dissonance or uncertainty that makes us rethink our beliefs. This approach has been vital to my interdisciplinary career since it forces me to address complexity and tensions inside and across areas. Critical thinking has taught me to recognize how different fields of study are interrelated and how important it is to integrate diverse perspectives. This has helped me connect religious studies and social science by deepening my grasp of human cognition, action, and social order. Critical thinking allows me to explore the religious, cultural, economic, and political factors that affect poverty and violence.

Critical thinking can foster empathy and openness to new ideas, which are essential for interdisciplinary teamwork (Schnepfleitner & Ferreira, 2021). Conversations with people from different intellectual and cultural backgrounds have shown me the complexity of real-world issues and the usefulness of many perspectives. This helps me work with others to solve complicated challenges creatively. Critical thinking has made me a more conscientious and engaged citizen in my professional work. By considering the ethical implications of my actions, I hope to aid individuals and achieve social justice. Mezirow's emphasis on introspection as a path to transformal action inspires me to use my skills to improve my neighborhood and beyond. The Critical Reflection Component, based on Transformative Learning Theory, is the most formative Course Essential Element for applying information from many disciplines and incorporating religion and the social sciences into my chosen field of study or career path. It allows me to actively seek out and explore various viewpoints, question my own assumptions, and improve my knowledge and conduct. Critical reflection has helped me flourish in interdisciplinary contexts by fostering openness, empathy, and ethical responsibility, which are necessary to solving social problems.

**References**

Rodríguez Aboytes, J. G., & Barth, M. (2020). Transformative learning in the field of sustainability: a systematic literature review (1999-2019). International Journal of Sustainability in Higher Education, 21(5), 993-1013.

Schnepfleitner, F. M., & Ferreira, M. P. (2021). Transformative Learning Theory–Is It Tıme to Add A Fourth Core Element?. Journal of Educational Studies and Multidisciplinary Approaches, 1(1), 40-49.