**Course Learning Journal**

Loretta Evans

PHI 800-12: Transformative Learning and Adult Education

April 26, 2024

**Introduction:**

Students interested in how adult learning theories and practices interact should take "Transformative Learning and Adult Education". Transformative learning processes are examined in the course to help students understand how educational experiences shape personal and social change. This graduate-level course teaches students how to handle adult education obstacles and apply transformational learning, which is crucial for their career success. The theories, research, and real-world applications of adult education may help students comprehend the complex processes of adult learning and how educational interventions can influence personal and societal behavior. "Transformative Learning and Adult Education" prepares students for advanced courses on adult education's topics and specialties, allowing them to use their knowledge in various situations.

**Personal Growth:**

So far in my academic career, the course "Transformative Learning and Adult Education" has undoubtedly had the largest impact on my personal and professional development. This course put my long-held beliefs and assumptions about education to the test, particularly in regards to adult education. Through the process of critical self-reflection, I was able to confront my biases and preconceptions about the needs of adult learners in the classroom. One of the most important events of my life was coming to understand the need of a student-centered approach to teaching. I gained a deeper appreciation for the diversity of adult learners' backgrounds, viewpoints, and aspirations via our class discussions and readings. In light of this new information, I reevaluated my methods of instruction, placing greater emphasis on approaches to meet the specific needs of each student. More and more, I see how critical it is to cultivate inclusive and supportive learning environments where adult students may take charge of their own education. Also, as a result of this training, I am better equipped to design and spearhead educational reforms. Through engaging in reflective practice, collaborative inquiry, and experiential learning, I was able to enhance my comprehension of how to promote meaningful and applicable learning outcomes. Thanks to reflective exercises and the chance to put theoretical ideas into practice, I was able to improve my skills in self-reflection, critical thinking, and communication. These skills are essential for effective teaching and for one's own professional and personal growth. I feel that this training helped me develop as a person and an educator. As a result, I adopted a growth mindset, delved more into the concept of adult learning, and became more imaginative in my approach to teaching. This course has equipped me with the knowledge and skills to create meaningful and impactful courses for my adult students, which will have a positive impact on their lives and the lives of my classroom.

 **Reflective Entry:**

The "Transformative Learning and Adult Education" course helped me think about how I help working-age adults. It made me think about ways to evaluate standard teaching approaches and suit adult students' learning patterns. Readings and class discussions have made me realize how important inclusive and student-centered classrooms are. This lets students create their own learning routes. One of the most important concepts I learned from this course was how information can transform individuals and society. After considering the importance of fostering analytical thinking, introspection, and social action through rich learning experiences that go beyond knowledge acquisition, I've reassessed my role as an educator and advocate for adult learners. Since realizing this, I've sought out teaching methods that emphasize practical application, group cooperation, and hands-on experience. I've also been thinking about the course's social ramifications and how adult education may help solve major social challenges. This made me think about how adult education may promote social justice, equity, and inclusion by giving disadvantaged people a voice and greater knowledge. We must promote continual learning and remove systemic impediments to education beyond the classroom. This reflection has exposed our institutional and instructional obligations. I won't rest until I've spoken up for accessible adult education programs. I want to find new ways to meet adult learners' different needs and improve the world with my colleagues. I want to employ transformational learning and adult education to achieve my professional objectives and a fairer society.

 **Conclusion:**

"Transformative Learning and Adult Education" changed my career; the skills and knowledge I gained there have impacted my teaching style and established my status as a champion for adult students in higher education. Through course materials and reflection exercises, I've learned how education promotes personal and social progress. This training gave me practical methods to make my classroom more relevant for my students and a greater understanding of the subject. This lesson helped me grasp adult learning theories and apply them in the classroom. Recognition of adult learners' diverse requirements, goals, and preferred learning techniques has helped me create and implement more successful teaching approaches. I also excel at helping adult students feel comfortable thinking critically and engaging in self-reflective discussion, which helps them discover themselves and realize their potential. The course's focus on critical self-reflection has also inspired me to utilize a more transformational and learner-centered approach. This lesson has helped me understand how socio-cultural aspects affect adult learners' educational experiences and structural impediments to learning and involvement. This program taught me skills that would help me in my job. My ultimate professional goal is to establish educational places where students may grow academically, emotionally, and personally by thinking critically, creatively, and emotionally. Using transformational learning and adult education, I want to improve people's and the community's professional and personal growth.