**PHI 800-12: Transformative Learning and Adult Education**

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The journal is a written reflection of your learning journey while working in each course. The Learning Journal integrates the essential elements of the course within your professional field of interest. The objective of the course journal is to produce a degree of acculturation, integrating new ideas into your existing knowledge of each course. This is also an opportunity to communicate with your professor insights gained because of the course. The course learning journal should be 3-5 pages in length and should include the following sections:

1. Introduction –Summarize the intent of the course, how it fits into the graduate

program and the relevance of its position in the curricular sequence.

2. Personal Growth - Describe your personal growth–how the course stretched or

challenged you– and your progress in mastery of course content and skills during

the week and through subsequent readings – what new insights or skills you gained.

3. Reflective Entry - Add a reflective entry that describes the contextualization (or

adaptation and relevant application) of new learning in your professional field.

What questions or concerns have surfaced about your professional field as a result

of your study?

4. Conclusion – Evaluate the effectiveness of the course in meeting your professional,

religious, and educational goals.

**Introduction**  
It’s one of the courses of the graduate program where I must recheck my efforts because of its self-development and reflective aspect. It’s place in the journey to my degree has allowed for a deep dive into fresh data and approaches that have strengthened my understanding of the field and asked me where it can go.  
**Personal Growth**  
Grad school students should be able to grow, they must acquire skills for work. ‘COUNSELOR EDUCATION: A PERSONAL GROWTH, PERSONAL DEVELOPMENT’ (2024): personal development is about learning what you know, how you do it, and how you make yourself more self-conscious and better at your job. "This course has made me think a little outside the box and I’ve come away from this course learning something new and being more in tune with myself. The program has designed courses like these to support a constant evolution in self-development and job readiness.  
**Reflective Entry**  
There is no job without a little reflection, to help us in our work through self-assessment and self-learning. Fontaine et al. (2018) emphasize the way in which reflective acts help people to question what they’ve seen and create valuable connections between academic and material knowledge. My reflective practice in the course and later revealed to me where I’m good and where I’m bad and learning was more beneficial. It made me look at failure as something I learned how to grow stronger and more flexible in my career.  
By studying a great many case studies and academic reviews, I am fully familiar with the theoretical framework of my discipline. And that information has left me wondering what works now, and what it could do for my future. More broadly, I’ve walked away from the course with a toolkit of methods to apply in practice, and new confidence in my own power to give value to my work.  
**Conclusion**  
And at last I can tell you this course is the one for me personally and professionally. In the sense that it focuses on self-reflection and self-discovery, it also taught me how to critique and work on myself and further learn about it. In my working life I will take the knowledge I’ve learned from this course and implement it into my work, so I know what to handle at work and how to get better.

**Work Cited**

Counselor Education: *A Personal Growth & Personal Development.* (2024). Retrieved from <https://library.ndsu.edu/ir/bitstream/handle/10365/27862/Counselor%20Education%20A%20Personal%20Growth%20and%20Personal%20Development%20Experience.pdf?sequence=1>

Fontaine, et al. (2018). *The role of reflective practice in professional development*. Retrieved from https://www.researchgate.net/publication/327899232\_The\_role\_of\_reflective\_practice\_in\_professional\_development