

TRANSFORMATIVE LEARNING THEORY

Transformative learning is a process in which we become critically reflective of our own assumptions, arrive at an insight, and are able to justify our new perspective through discourse; it is about examining, questioning and revising our perceptions.

Transformative Learning theory encourages learners to engage in personal and social change.

This is done by from questioning previously held assumptions and sometimes challenging deeply held beliefs.

Mezirow's Stages of Transformative Learning

1. A disorienting dilemma
2. Self-examination with feelings of fear, anger, guilt and/or shame
3. A critical assessment of assumptions
4. Recognition that one's discontent and the process of transformation are shared
5. Exploration of options for new roles, relationships and actions
6. Planning a course of action
7. Acquiring knowledge and skills for implementing one's plans
8. Temporarily trying new roles
9. Building competence and self-confidence in new roles and relationships
10. A reintegration into one's life on the bases of conditions dictated by your new perspective

References:

Kitchenham A. (2012) Jack Mezirow on Transformative Learning. In: Seel N.M. (eds) Encyclopedia of the Sciences of Learning. Springer, Boston, MA.

Taylor, E., Cranton, P. & Associates (Eds.). (2012). The handbook of transformative learning: Theory, research, and practice. San Francisco, CA: Jossey-Bass.