

Transformational learning

Experience, Human Nature



Transformational learning is the type of experience that its outcome can bring forth a level of new meaning in your life. This learning cycle of intricate tasks is broken down into four stages, recognizing a significant problem, confronting it intensely, finding a solution, and integrating a new perspective and a new set of assumptions into your life pattern. These four phases create the transformational process and requires extreme mental concentration and careful consideration. The intensity of this procedure is often painful and stressful, hence forth the old saying “ no pain, no gain”.

First, you must know what the problem is that you are facing and acknowledge it. Then, you must face the problem with an extreme effort. Once these steps are completed and only then, can you start finding a solution. The solution you find will give you a new view. Based upon this outcome, your newly acquired view must be integrated into your life pattern. Transformation on this level is often wanted but it does not come easy. These “ before” and “ after” states are the points that show us our personal growth. The most transformational learning experience in my life has been the discussion to go back to school.

The fear of working, having a family, and making time to study and being successful in my studies presented a great problem to me. How to balance these three demanding dimensions of my life and still be the same person was puzzling. Through a trial and error process, I redefined my life pattern, taking bits of personal and casual time to maximize my effort of pursuing my goal. By putting all my focus through my spare time in my work week, it opened up extra time on my weekend to spend with my family. This new pattern I developed has brought harmony and balance to my life.