
CONTENTS

List of Tables, Figures, and Exhibits ix

Preface xi

The Authors xvii

1 Adult Learning in Today's World 1

The Social Context of Adult Learning 1

The Adult Learner and Learning in Adulthood 11

Settings Where Learning Occurs 15

Chapter Summary 21

Linking Theory and Practice: Activities and Resources 21

Chapter Highlights 22

2 Traditional Learning Theories 24

What Is Learning? 24

Learning Theories 25

Chapter Summary 38

Linking Theory and Practice: Activities and Resources 38

Chapter Highlights 41

3	Andragogy: The Art and Science of Helping Adults Learn	42
	Before Andragogy	44
	Assumptions About Adult Learners	46
	Andragogy Today	56
	Chapter Summary	58
	Linking Theory and Practice: Activities and Resources	59
	Chapter Highlights	60
4	Self-Directed Learning	61
	The Nature of Self-Directed Learning	62
	The Process of Self-Directed Learning	66
	Self-Directed Learning in Various Contexts	71
	Assessing Self-Directed Learning	74
	Critiques of Self-Directed Learning	76
	Chapter Summary	78
	Linking Theory and Practice: Activities and Resources	78
	Chapter Highlights	79
	Exhibit 4.1: Independent Study Learning Contract	81
5	Transformative Learning	82
	What Is Transformative Learning?	83
	Sites of Transformative Learning	90
	Promoting and Evaluating Transformative Learning	94
	Concluding Thoughts, Unresolved Issues	98
	Chapter Summary	101
	Linking Theory and Practice: Activities and Resources	101
	Chapter Highlights	102
6	Experience and Learning	104
	On the Relationship Between Experience and Learning	104
	Models of Experiential Learning	108
	Reflective Practice and Situated Cognition	115

Chapter Summary	123
Linking Theory and Practice: Activities and Resources	124
Chapter Highlights	125
7 Body and Spirit in Learning	127
Embodied Learning	128
The Spirit in Learning	136
Chapter Summary	142
Linking Theory and Practice: Activities and Resources	143
Chapter Highlights	145
8 Motivation and Learning	146
Motivation Defined	147
Motivation Theory	148
Motivation in Adult Education	151
Chapter Summary	162
Linking Theory and Practice: Activities and Resources	163
Chapter Highlights	166
9 The Brain and Cognitive Functioning	168
Brain Basics	168
Memory	172
Intelligence	175
Cognitive Development and Wisdom	182
Chapter Summary	187
Linking Theory and Practice: Activities and Resources	187
Chapter Highlights	188
10 Adult Learning in the Digital Age	190
The Technology Context	191
Adult Learners in the Digital Age	195
The Teaching-Learning Context of the Digital Age	201
Chapter Summary	208

Linking Theory and Practice: Activities and Resources	209
Chapter Highlights	211
11 Critical Thinking and Critical Perspectives	212
Being Critical	213
Critical Theory	214
Critical Perspectives	217
Critical Thinking	221
Critical Action—Mindful and Timely Intervention	226
Creating a Critical Classroom	228
Chapter Summary	234
Linking Theory and Practice: Activities and Resources	234
Chapter Highlights	236
12 Culture and Context, Theory and Practice in Adult Learning	238
Culture and Context	238
Culture and Learning	242
Culturally Relevant Teaching	245
The Relationship Between Theory and Practice	247
A Framework for Adult Learning	251
Chapter Summary	254
Linking Theory and Practice: Activities and Resources	255
Chapter Highlights	257
References	259
Name Index	287
Subject Index	293