

**Which of the following factors important to adult learning have you experienced? What specifically was happening in the learning context you experienced?**

I was aware of the meaning of what I was learning and it helped me to be more involved in the experience.

I was involved in an experience characterized by exploration, inquiry, and/or discovery.

I found that I was doing critical thinking and making judgments and/or decisions.

I was able to apply something I had learned to a new situation.

In that experience I was able to give and/or receive feedback about the way I made the application.

The learning experience influenced me to assume responsibility in a social context.

I was involved in a collaborative learning experience and the nature of the collaboration enhanced my learning.

I experienced the rhythm of reflection and action, action and reflection (praxis).

A particular situation in my life (a crisis, a new job, some transition) really motivated me to seek out new learning.

Through the learning experience, I was transformed in some way

Through the learning experience, my perspective on a certain thing was enhanced or changed.