

# **Book 1: Understanding Transformative Learning**

## **Definition and Key Principles**

Transformative learning happens when people think hard about things, talk them over, and start seeing things in a fresh way. This helps them think for themselves and be more flexible.

(Brookfield, 2012, p. 35).

## **Learning and Personal Growth**

When students get into history and culture, they get better at understanding others, thinking critically, and solving problems (Onyima, 2016, p. 274). These skills are essential for academic success and civic participation.