

Balancing the Inner and Outer Self: The Role for Self-Directed Learning

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A Legend???

L – Lucky

E – Educator (who)

G – Gained

E – Experience/Expertise (in a)

N – Noteworthy (research)

D – Direction

[You all can be legends]

SELF-DIRECTED LEARNING:

Application & Theory

Huey B. Long and Associates

(1988)

Published in 1988, this book represented scholarship from the first SDL symposium held in 1986 on the campus of the University of Georgia, in Athens, Georgia. From this initial symposium and the ongoing leadership of Huey Long and his many colleagues came 34 years of research, scholarship, and enhanced understanding of self-directed learning around the world. We can give thanks to Huey and the initial presenters for their vision and to the hundreds of presenters at the subsequent symposia. We live in a better world because of all this work and dedication.

Screen Shots from the First SDL Symposium, August 6-8, 1986, Athens, GA



Huey Long – opening the symposium on that August 6



A First Presenter Huey Long

Full document available at <http://rogghiemstra.com/screenshots.pdf>

1972 – My SDL Beginning



Allen Tough lectured on the University of Nebraska Campus about Adults' Learning Projects (1971)



Malcolm Knowles lectured on the University of Nebraska Campus about Andragogy (1970)

Older Adults Learning Projects

- 1974 Study of Older Adult Learners
- Worked with graduate students in Nebraska to interview 256 people 55 and older
- Utilized Allen Tough's interview protocol and procedure
- Discovered that older adults reported learning accomplishments similar to Tough's original study

(Hiemstra, 1975)

My Mantra

**Helping learners take
increased responsibility
for their own learning.**

The Inner–vs–Outer Self

- Inner Self
 - Your feelings, values, beliefs, and desires
 - Your self-awareness
 - How you cope with your emotions
- Outer Self
 - How you present yourself to others
 - How you cope with the demands of daily living

These often can be in conflict or mismatched

Knowing Thyself

There is value in knowing better your inner self:

- Listen to yourself
- Trust your instincts
- Know the best ways you learn
- Be honest with yourself
- Understand more about your heritage
- Ask yourself meaningful questions
- Have discussions with friends
- **Embrace your self-directed learning tendencies**
- **Write in a journal regularly**

Descendants from Thomas (a Hiemstra ancestor)

- 1 **Thomas #1313** b. ca. 1500
- 2 **Coene Thomas #1312** b. ca. 1550
- 3 **Arjen Coenes #1310** b. November 27, 1642 d. After 1698
 - m. Aeltie Dircks #1311
 - m. Ymckjen Johannes #1673 m. About 1665
 - [Children of Arjen Coenes and Aeltie Dircks]
- 4 **Thomas Arriens #1308** b. _____ d. Before 1667
 - m. Jantje Lieuwes #1309
- 5 **Albert Thomas #25** b. _____ d. 1706
 - m. Jouck Martens #26 m. August, 30, 1673
 - [daughter of Marten Sjoerds #1305 and Grietje Dirks #1306]
 - m. Froukje Goffes #955 m. March 10, 1678
 - m. Trijntje Folkes #956 m. November 6, 1692
 - m. Hiltje Ritskes #958 m. January 19, 1696

Studying My Own Life

- Compiling information I had collected over the years
- Soliciting information from relatives
- Scanning, recording, sorting, and preserving
- Creating personal stories
- Beginning to write a memoir

The Special Value of Journaling

- Maintaining a record of daily activity
- Providing opportunities for critical reflection (Brookfield 1987, 1995)
- Having a vehicle for self-assessment (Knowles, 1975)
- Using it as a learning tool (Christensen, 1981)
- Serving as a vehicle for self-reflection and even introspection

The Hometown Blend- 1996



Ed

Norm

Rog

Walt

Off the Top Quartet - 2018



Rog

John

Rich

Joe

The Relationship to SDL

- Enhance your self-directed learning skills**
- Provide personal growth opportunities**
- Determine your most effective learning style**
- Continually strengthen your preferred learning approaches**
- Embrace change and unexpected outcomes**
- Never stop learning, growing, and changing**

What Can You Do?

- Utilize your self-directed learning skills
- Build relationships w/ like-minded colleagues
- Engage with others during the symposium
- Contribute your ideas whenever you can
- Identify conflicts between your inner and outer self
- Where possible, quiet your outer self and connect more with your inner self

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