

Taylor, K., Marienau, C., & Fiddler, M. (2000). *Developing adult learners: Strategies for teachers and trainers*. San Francisco: Jossey-Bass.

Dialogue is a way of learning deeply. As we engage in dialogue with another person, or with the author of a book, we uncover our assumptions and have the opportunity to critically assess them. The resulting synthesis of ideas is learning.

We can also have this kind of dialogue with ourselves as we reflect on our situation and strive to see ourselves clearly. Self assessment is a very useful tool, and the instruments that Nelson and Low are developing give us a starting point to begin critically thinking about our problems and ways to solve them.

Together, these two processes, learning from others and reflection on our own investigations lead to a pattern of lifelong learning. Seeking the advice of others and then setting our own goals allows us to seek out resources and conduct our own learning.

Once we have started to learn about ourselves, we no longer want to fit into other people's patterns for our lives. We sometimes feel like a square peg in a round hole and we begin to insist on changes that will allow us to be ourselves.

In the end, though, we find our deepest meaning in connection with others. Human society is interdependent and we rejoin the community without loss of our truly discovered selves.