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Article Critique #2

In his article, Dirkx asserts that emotions play an important role in one's sense of self and in the adult learning process. The way an individual views his or her emotions is critical because in order to understand him or herself, he or she must be able to understand his or her own emotion.

Dirkx goes on to relate to his readers that imagination is another key aspect in the learning process. In his article he states that imagination plays a vital role in connecting emotional experiences (subjective experiences) with learning experiences (objective experiences). He then goes on to propose the imaginal method. In this method one is to "recognize, name and come to a deeper understanding of the images revealed through our deep, often emotional experiences," (p. 69). He states that the purpose of this method is not to analyze the emotions but to involve their meaning in our lives. Dirkx suggests to the readers that journal writing, literature, poetry, art, movies, story-telling, dance, and ritual are methods that help with the aforementioned process.

The imaginal method is useful in adult learning because it allows the learner to locate and construct images and value between what is being learned and their own life experiences. Emotion is the key. When emotion is involved concepts are better learned and retained. This aspect is imperative in the adult learning process.

Reference:

Dirkx, J. M. (2001). The power of feelings: Emotion, imagination, and the construction of meaning in adult learning. *New Directions for Adult and Continuing Education*, 89, p. 63-72.