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Article Critique #1

The article provides the readers with different sources of information for understanding adult learning. An aspect mentioned in the article is that in the past many individuals thought that the aging brain was less flexible when compared to a young brain. The authors noted that autopsy studies found the opposite to be true. In studies when looking at brains of older individuals who were college graduates and brains of those who were high school dropouts, more connections were found in the brain of the older individual who had graduated from college. This points to the fact that the aging brain is flexible and continues to change.

The article goes on to assert that there are four factors that help maintain brain agility. As a person ages they can aid the growth process of their brain if they are (1) constantly educating themselves, (2) involve themselves in some type of strenuous activity, (3) maintain their lung functioning, and (4) keep in good health (free of chronic disease). The factors will aid the aging brain of any individual.

In conclusion, it is evident that the brain does not automatically become rigid after a certain age. With the proper social relationships, learning experiences and good health the brain will be in a continuous process of growth.

Hill, L. H. (2001). The brain and consciousness: Sources of information for understanding adult learning. *New Directions for Adult and Continuing Education*, 89, p. 73-81. Retrieved September 20, 2006, from ERIC database.