

O'ZBEKISTONDA FANLARARO INNOVATSIYALAR VA 31-SON ILMIY TADQIQOTLAR JURNALI 20.06.2024



HOW EVERY EXPERIENCE CAN CHANGE OUR LIVES?

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Annotation. The aim of this article is to help the reader to explore the transformative power of experience and how every encounter in life has the potential to change us. Understanding what we passed by and analyzing in a righteous way lead us to transforming our behaviors, views and beliefs and in being better person hat has more use to himself and the world. The article contains the general and the personal examples in transformational knowledge with thesis out the scientific knowledge also.

Key words: transformative knowledge, three key dimensions of transformation, circumstances of life.

As we all raise up, we get to bitterness and sweatiness of this world slowly and get wise everyday by discovering ourselves and renewing our frames of references. However, as educated people who graduated several phases of education and with huge background knowledge and practical experiences, it is of the utmost importance to confess our bad days and learn to reflect them back to realize our transformations in our behaviors, views, and beliefs and to make the righteous decision for ourselves and the world.

In the times of war, where women stayed at home caring their children and only wishing luck to their man in the battle, they seemed hopeless and weak to bring any economic use to the society. Instead of some talents as brilliant women writers, women artists or some of women heroes, other females were pitilessly disrespected and treated unkindly by the society and themselves where they were respected only if they could get married to economically well families. Getting married can be best gift equally for women and men, though, treating women as a means of only breeding and cleaning the house led the society to slacken in girl's education and in their improvement as an ideal person in the society. However, as time passed, society's world of views has shifted and it was seen in their actions, in their manners of upbringing their young girls. This is the bright example for transformational change whereas scientists of this education have mentioned: "It is not transformational unless you have a new outlook that manifests in new behaviors in your interaction with the world".

Transformative learning experiences involve three key dimensions of transformation:

- 1. **Psychological:** changes in the understanding of the self;
- 2. Convictional: revision of belief systems;
- 3. **Behavioral:** changes in lifestyle.



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The example in the above, having include all of these, is considered societal change and I am going to reflect back to my personal life experience where I faced disorienting dilemma and came to a deeper conclusion after having started to learn this course.

Finally starting the new job was the chance for me to open my skills and apply my knowledge in the real practice. However, I was downhearted when I realized that not your knowledge but how much you are efficacious, not your tested beliefs but how much you are adoptable to any circumstances were top priority that was opposing to the theoretical knowledge given at the University most of the time.

The school I started to work was private and I had big troubles with dealing with parents of patty students and with the Director of the school whose main target was to attract rich people and hold them in a school no matter their kids are really bad effective to others and bully to friends and their teachers. In addition, our Director had Authoritative leadership style where only she makes decisions and make follow others and where trying to say something opposite to your boss was a silly thing. I was hardly screwed out by our director one day for the mistake I did with parents and that moment everything went dark in my eyes and wanted to give up the job I needed that time. I could not leave because this work meant to help with my University portfolio and students I started to teach were also get used to me so I passed the hardest moments in my life there.

This situation taught me to be tolerant and wise in communicating with different levels of people (from the most royal type of people till bossy directors). I realized that if you want to reach your aim, you must be adoptable to your organization's atmosphere, and learn about it nicely before you make any change in there and very noble till you get the "unwritten rules" of there.

I learned how to be with different people and planned my future work or job that suits to my needs and requirements as I continued working there one and a half year. As David Kol talks about four different ways that we go about transforming our experiences: 1) concrete experience; 2) Remote observation; 3) abstract conceptualization; 4) active experimentation; I can say that I passed over the concrete experience where I faced all my disorienting dilemmas during the real official working hours and got immense outcome and transformations.

This was the most memorable experience I had till now; however, I believe I will meet up with lots of wonders and more critical periods in my future life.

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