

# WHEREVER YOU ARE – YOUR BRAIN MIGHT BE WITH YOU

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## *AN INTERACTIVE PRESENTATION*

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### **ABSTRACT**

The idea that our brain might not cooperate with us in terms of our ability or readiness to experience transformative learning might not only be a foreign concept but might even be considered to be totally irrational to others. It is that belief in our rationality that fails to understand what it is that our brain does.

We are emotional beings first when you begin to look at how we move through our individual journeys. Dr. Tali Sharot (2017) goes beyond what is often understood as the fight or flight mechanism that comes as a reaction to a startling action in our environment. We are influenced by our brain in such a way that we convince ourselves of what we are most familiar with is correct. If we already know it – it must be right. Not what we might describe as a welcoming environment for transformative learning, and perhaps why Mezirow suggests that a disorienting dilemma is important in fostering transformation.

This session looked at some of the blocks that our brains set up to resist transformation, and what we might do to work with our brains rather than against them. Sharot (2017), in *The Influential Mind*, approaches the subject from the issues we face in trying to influence others, but the problem, as Pogo might suggest, is with ourselves. She discusses filter bubbles that we face in our searches for information, confirmation bias in what we choose to affirm, and even the difficulties we face as we tend to seek the safety and security of the familiar. We worked through those blocks in terms of actions that individuals might take to create an environment for transformative learning.

### **SELECT REFERENCES**

Mezirow, J. (2000). *Learning as transformation: Critical perspectives on a theory in progress*. CA: Jossey-Bass.

Sharot, T. (2017). *The Influential mind*. NY: Holt and Company.

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