Chapters 1 and 2

[Name of the Writer]

[Name of the Institution]

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The process in which the mind acquires the new methods, or modifying, the previous ones of existing skills, knowledge, behaviors, preferences or values is learning. It is the ability in possession of humans, animals, and machines(Gross, 2012). Learning in humans starts right after their birth and goes on until death does them a part from the environment. The two basic processes of learning are a content dimension and incentive dimension learning. The number of factors which involve in the learning is goals and purposes, motivation to be a better version of self, interest, emotional conditions, attitude, aptitude, and learning activities, etc. In some situations, learning is immediate by the induction of a single event with a cascade of repeat experiences. The changes caused by the learning, either immediate or long-term, will last a lifetime. Sometimes, it may occur with or without conscious or unconscious awareness. There are four types of learning, cumulative, assimilative, accommodative and transformative.

**Content Dimension:** The content dimension focuses on what is learned. In terms of learning, this dimension is described as knowledge and skills. But, there are also other things which are learned during other things such as insights, opinions, attitudes, values, ways of behavior, strategies, and methods. This type of dimension is involved in the learning content and contribute to the building capacity of that certain learner. The main purpose of the learning is to develop that certain learning capacity is to deal with the challenges of the practical life.

**Incentive Dimension:** This type of dimension which directly initiates the energy in the mental being of that person, making it compulsory for the initiation of that learning process. This involves emotions, feelings, and motivation. The main purpose of this dimension is to initiate the development of a continuous mental balance in the mind of the learner, which induces a sense of personal sensitivity. (Illeris, 2009)

**Cumulative Learning:** It is the learning process by which the knowledge is accumulated by the ability to serve the building blocks for some sort of subsequent cognitive development. Example of cumulative learning is the Multi-tasking.

**Assimilative Learning:** It is the learning process which involves the integration of the new information into the existing information and knowledge structures, without its restructuring. Assimilative Learning is comparably more efficient and economical as well.

**Accommodative Learning:** The new information in the brain can be stored with its integration into the previous cognitive structures, but without the reorganization of the old knowledge. Due to which, the reorganization of the facts to be done properly, the mind reconsiders the reintegration of this section. This is known as accommodative learning(Roland Streule, 2006).

**Transformative Learning:** It involves the expansion of consciousness abilities by challenging the students thinking by disorienting them into dilemmas. This theory was developed by Jack Meizrow in the 1900s.

However, with reference to the context of the things mentioned earlier, this might not seem as easy as it is discussed. Because there are some barriers faced in the process throughout its happening. Some of them can be pretty tough, while, some are easy as well. Almost at every level, barriers in learning at school, college, high school, university or even at the workplace. This can be caused due to the misunderstandings, insufficient learning capability, lack of concentration, lack of interest in the particular subject. However, other than the subject of interest, other barriers can be focused on and can cause easily corrected. Some children or students are suffering from Learning Disabilities which are known to affect how they communication, understanding the information, learning new skills, inclusion of the difficulty in reading, and writing. Other diseases include Dyslexia, (Difficulties in reading and writing), autism and Downs Syndrome.

**Internal Learning and External Learning:** Internal learning is the processes which are must for a learner to present in which the learning process should occur. External learning refers to the environment which facilitates the learning process. The influences of the external and internal learning can refer to the training procedures which are done in a workplace or an institution. It is not necessary for training to take place in the workplace, and vice versa.

**Examples:** For the best portraying of an example of the internal and external learning is both of these practices of a workplace within the contextualization of the organization, making it more relevant and easy learning for the employees. In terms of the internal training, the environment would be more comfortable, marking a safe and easy to learn territory for the trainee's. However, in terms of external training, the external activities which might include any type of courses, online learning, conferences, workshops or seminars.

**Peter Jarvis Learning Theory:** Peter Jarvis is one of the best-known persons for research in International Learning. He focused on the learning theory in adult education. Jarvis's theory focused on the betterment of himself in the society through a cascade of experiences that diverted his mind for another person by a proper set of reasoning, otherwise not.

The model focuses on comprehensiveness learning through situation and experiences, which follows either practice or experimentation. After this, the memorization through the evaluation is done with reasoning and reflection of the person with whom the experiences that are being faced. This phenomenon will overall cause a change in the attitude and will gain more experience.

**References:**

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