

AMaP Learning Model : Session 6



The AMaP LEARNING MODEL

Session 6

This booklet is for your own use to reflect on the session. It has additional exercises and information which you may like to use.

‘Life, it seems, is nothing if not a series of initiations, transitions and incorporations.’ Alan Dundes

Transitions

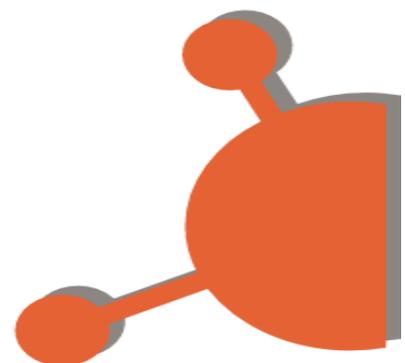
The idea of ‘transition’ refers to changes or ‘turning points’ at key or critical junctures in a person’s life. Transitions may be simple or complex, depending on the range of decisions involved.

Transitions may be clearly marked with formal rites of passage, or, as is the case with most adult transitions, left informal in respect of their management at individual and societal levels (Pillemer *et al.*, 2000).

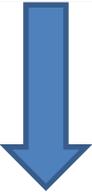
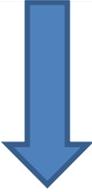
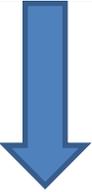
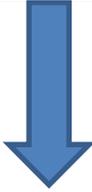
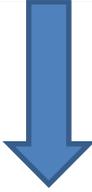
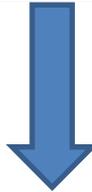
Life is a process of beginnings and endings. In both life and nature there are times when things move slowly and don’t seem to change very much and then things may change quickly. Transitions are accompanied by decision making and identifying your values and life goals.

Transitions provide an opportunity to assess the direction our lives are taking. They are a chance to grow and learn. New learning may be a positive feature and experience in a period of transition.

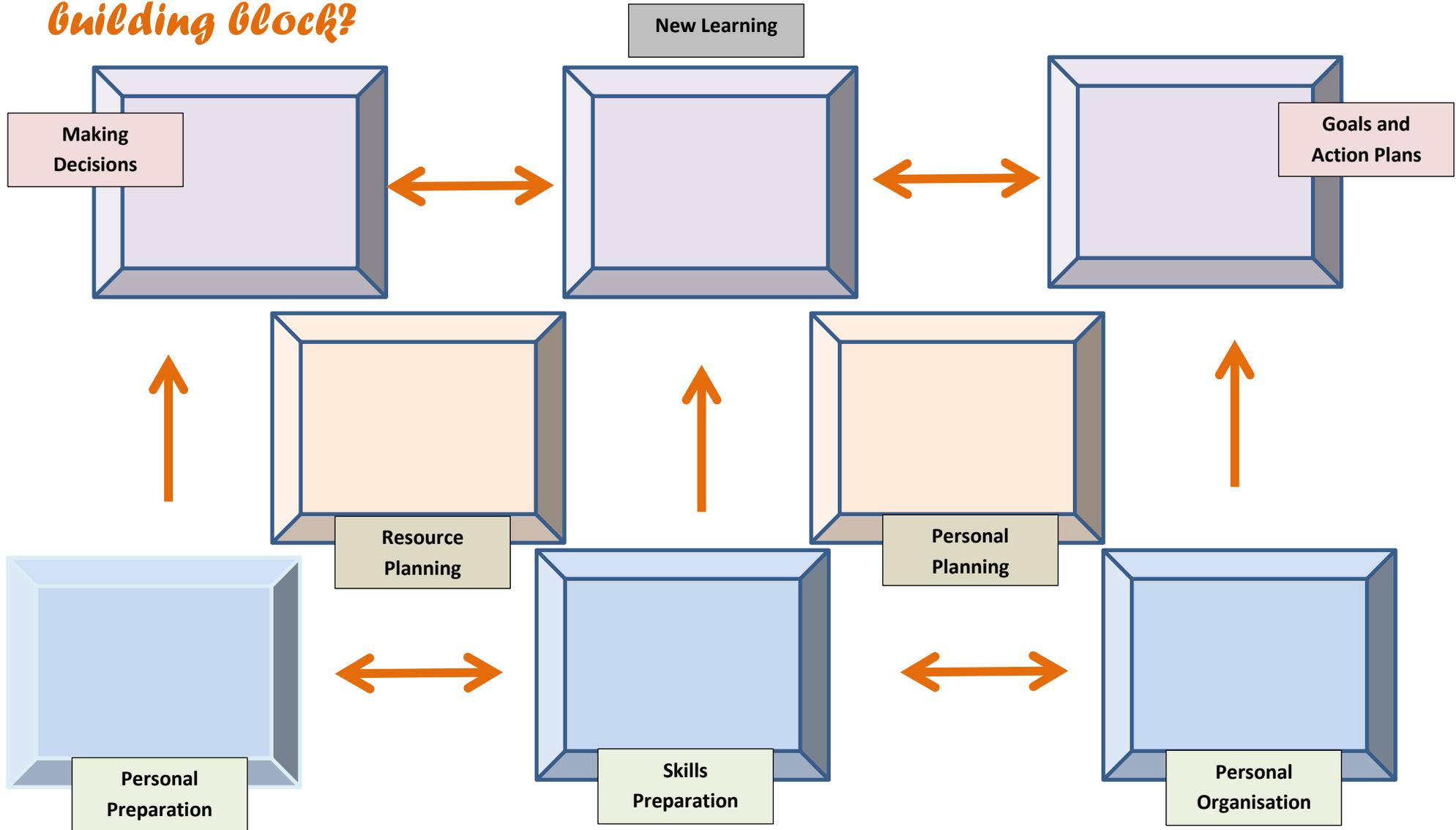
Phillipson (table below) illustrates the transitions experienced aged 50+.



Transitions 50+

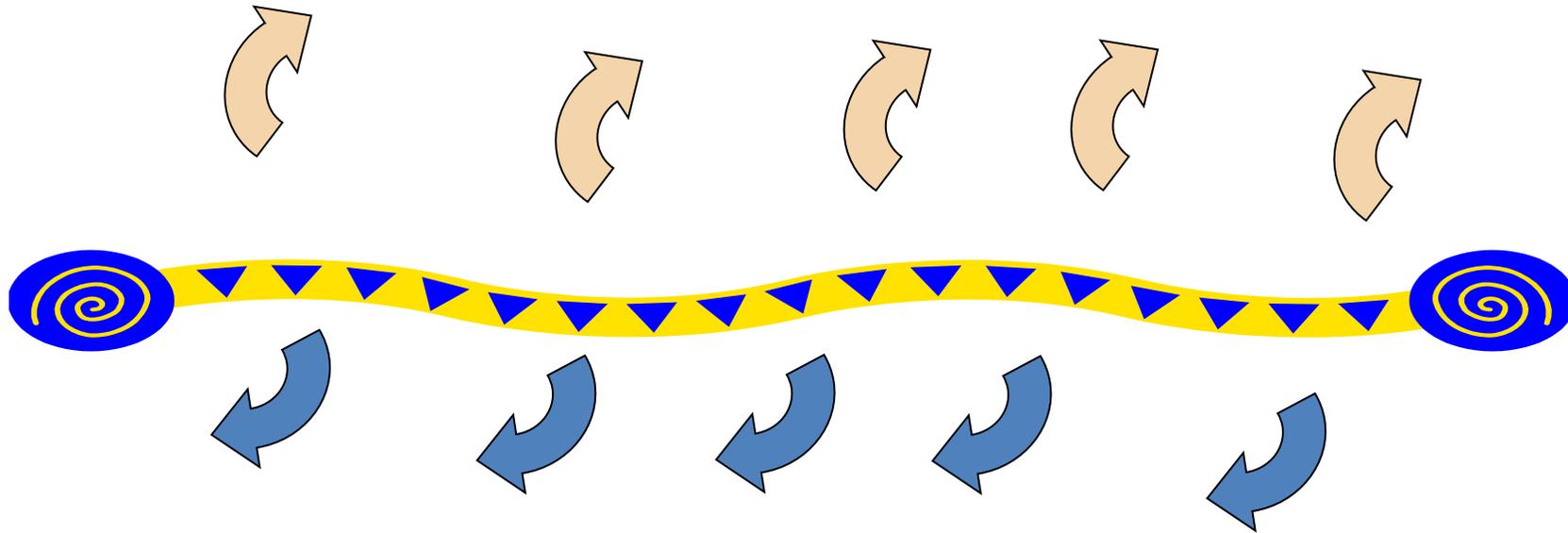
<i>Personal transition</i>	<i>Employment transitions</i>	<i>Income transitions</i>	<i>Family transitions</i>	<i>Care transitions</i>	<i>Leisure transitions</i>
					
<i>Midlife change</i>	<i>Career Management</i> <i>Part-time work</i> <i>Self-employment retirement</i>	<i>Pensions</i> <i>Benefits</i> <i>Salary/Wage</i>	<i>Household change</i> <i>Children leaving home</i> <i>Divorce</i> <i>Living alone</i>	<i>Expanding or changing care tasks</i>	<i>Expanding or changing leisure activities</i>

Transitions into New Learning...What would you put in each building block?



Adjusting to new learning can bring about different feelings—note your feelings and refer to the list on the next page – can you add more?

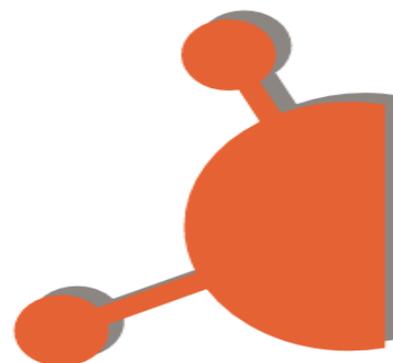
+ Positive feelings

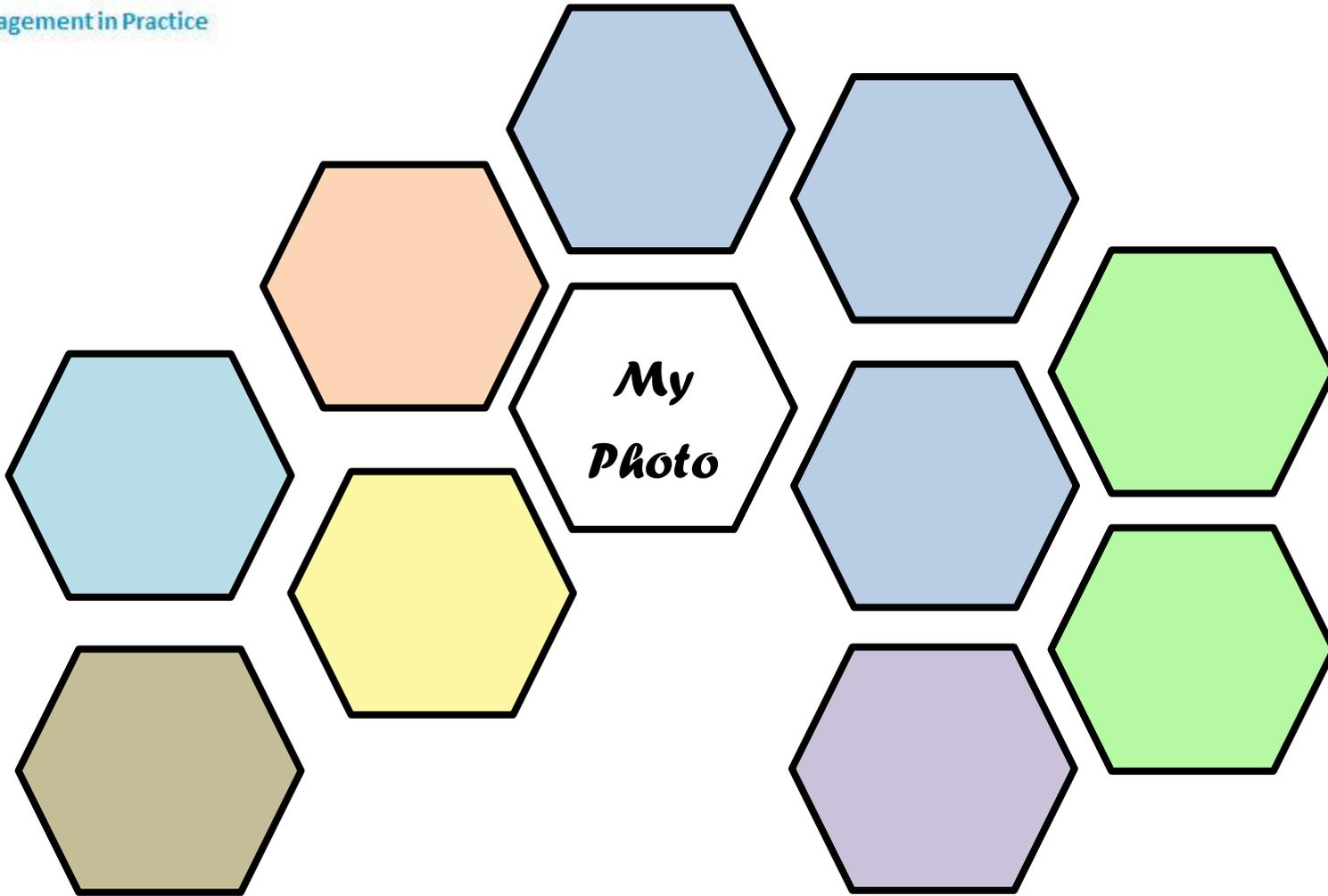


- Negative feelings

Can you add to this list?

<i>Positive feelings</i>	<i>Negative feelings</i>
excitement	anxiety
optimism	fear
anticipation	guilt
elation	frustration
superior	disappointment
achievement	inadequate
certainty	uncertainty
adequate	painful
adequate	annoyance
satisfaction	isolation





Add to your NEW mosaic now! 😊

