

Improving Individuals and Team through Experiential Learning

By ATCEN

Adventure / Outdoor Education is an educational vehicle for self discovery and personal growth outside the traditional classroom atmosphere. The emphasis is on relationship concerning people and natural ingrown resources found in them.

Adventure Education encompasses two relationships, interpersonal and intrapersonal.

1. Interpersonal Relationship refers to;

How people relate in a group? These involve communication, cooperation, trust, conflict, resolution, leadership and influence – etc.

2. Intrapersonal Relationship refers to:

How an individual deals with self. These include self-concept, spiritually, confidence, self efficiency, and awareness – etc.

PROCESS

The process of Adventure Education involves excitements, unknown, unexpected events and experience where reflection and learning takes place. Group and individuals will experience adventure activities and events which will involve problem solving and challenges with task to accomplish.

The problem solving requires decision making, judgment, cooperation, communication and trust. The challenge may take the arm of testing one's competence against mental, spiritual, social and physical risk.

By responding to seemingly insurmountable task and challenge, group and individual learn to overcome and manage self-imposed perceptions of their capabilities to succeed. They become more accommodating, cooperative and challenge seeking after interacting with others. Group and individual learn to understand feelings, expectations and inspiration from others fun and challenges.

The '**Adventure Learning**' environment will revitalize and cause individuals and groups to be more dynamic and pro active approach in decision making, accountability and refresh understanding of the individuals and teamwork. Adventure education is using unique social setting in a high impact environment which design to increase the participant's self awareness, self esteem and acceptance of other.

The components of the PROCESS:

- **Participant:**

In general, participant must have self-motivation towards, agree with, and commitment to the

program before they will benefit from the experience

• **Physical Environment:**

The physical environment should be as unfamiliar as possible to the participant as contrast from the experience.

• **Social Environment:**

- The most effective group is large enough to have diversified behavior types and backgrounds, yet small enough that cliques based on these types are not likely form;

- Large enough to have conflict, yet small enough to manageable to resolve;

- Large enough so that the nature of the common objectives becomes a collective consciousness, yet small enough for the individual conscious is never lost.

• **Challenge & Task:**

- Ideally, these should be introduced in a sequence of increasing difficulty, they should be concrete and manageable, and should draw on participant's mental, emotional and physical resources.

• **Stress & Anxiety:**

- When one is place in a new physical and social setting that contains a host of unfamiliar, unavoidable tasks, some stress and anxiety will develop.

- Individual response to these stresses may be positive (mastery) or negative (defeat, withdrawal). These exist the possibility of either raising or lowering one's opinion of oneself

- Challenge must be designed to permit participant a high probability of mastering the task.

- Task which is impossible to perform and / or stress that goes beyond optimum level will create sense of defeatism and the participant will probably be reluctant to continue the program.

• **Competence & Mastery:**

- Participant usually find it rewarding to solve new reasonable and worthwhile problems within supportive group and in a stimulate environment.

- Since participant does not often have a chance to master such a problem elsewhere, the experience may give them different, more complete perceptions of themselves. New awareness, attitude and values will help to make them better equipped and ready to tackle future challenges.