

When Everything Transforms

The human body, like other living organisms, has the incredible ability to regulate various physiological parameters—such as body temperature, blood pH, and blood pressure—to maintain an internal balance, despite fluctuations in its external environment. This faculty of living beings is called *homeostasis*. In this perpetual dance between the individual and their environment, change is the only constant. Inevitable.

When faced with change, our vital instinct is to adapt to regain lost balance. Like indicators of imbalance, stress and emotions appear from time to time, signalling the need to adapt to restore relative stability. Sometimes, this adaptation is easy, because the change is desired, expected or rallying. In such cases, adaptability, resilience and even creativity are evoked. At other times, transformation is more difficult, because it is imposed, comes too quickly, or offends our sensibilities. We then speak of resistance to change, inertia or fear of the unknown.

Every reaction to change is legitimate. Any hasty judgment would be an undue oversimplification, for the value of a response depends on a web of circumstances. Past experiences influence our perceptions and attitudes toward change, just as cognitive biases can affect our ability to accept or reject a transformation in our respective lives. While some embrace the opportunity for renewal, others resist, believing that change is not necessarily synonymous with progress. To each their own perception, without prejudice.

Whether social, systemic or personal, these metamorphoses shape our daily lives and reshape our vision of the world. Social transformations occur in collective movements, reshaping the norms and values of our communities. For their part, systemic changes operate in depth, changing the structures and mechanisms that govern our institutions. As for personal changes, they are the fruit of our own

reflections, choices and experiences. All of these changes can unfold sequentially or simultaneously, sometimes creating a veritable avalanche or whirlwind of transformations!

In this thematic issue entitled *When Everything Transforms*, we explore the many facets of change. The selected articles are the result of a call for contributions launched last fall in the college network. Several educational research findings shed light on the changes underway in the network, notably on pedagogical innovations to make environments more dynamic, on the central role of pedagogical counsellors in transforming college education, on the evolution of pedagogical practices in distance education, and on the potential of metacognition to transform students' mindsets. Other articles, on teaching to combat climate change and on the professional development of new teaching staff, enrich the picture of perspectives on transformations in higher education.

As a starting point for this reflection, the members of the journal's editorial committees have examined their own relationship to change through the prism of professional transformation. These colleagues humbly share with readers the metamorphoses that have enabled them to redefine themselves as members of the college network or to rethink their teaching careers. —



A stylized, handwritten signature in black ink, consisting of several loops and a long horizontal stroke.

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