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Allen Tough is a professor at the Ontario Institute for Studies in Education and at the University of Toronto. He received the B.A. degree in psychology (1958) and the M.A. degree in education and psychology (1962) from the University of Toronto. During his research for the Ph.D. degree, awarded by the University of Chicago in 1965, he focused on the psychology of intentional adult learning. That research marked the beginning of his long-term interest in the person's major efforts to learn and change, both professionally guided and self-guided.

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Beginning his professional career in 1959 as an English teacher and guidance counselor in a suburban high school, Tough has been teaching graduate-level courses in such subjects as psychology, sociology, adult education, and futures studies since 1964. He has served as consulting editor of *Adult Education*, as chairperson of the National Seminar on Adult Education Research, as first vice-chairperson of the 1979 Unesco meeting of European experts on autonomous learning, and as consultant on adult learning to several universities and research projects.