

NEWSLETTER



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LIFELONG LEARNING

Today, continuous learning forms a necessary part in acquiring knowledge and competencies in order to expand your skill set and develop future opportunities.

- It forms part of your personal and professional development
- Prevents stagnation and creates a pathway for you to reach your full potential
- May happen in a variety of ways: when you have a change in your career, or a change in your personal life, or even a change in your community and organization

KEY INFORMATION

- One of the most effective ways of dealing with change is with lifelong learning
- A study published in The Journals of Gerontology found that older adults (average age 69) who participated in courses showed improvements in working memory and episodic memory.
- Cognitively stimulating activities like reading, watching documentaries and getting out to explore the world around you offers: reduced risks of forms of dementia, more socialization, increased neuron generation



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TOPICS COVERED IN THIS CHALENJ

- Benefits of continuous learning
- Learning style
- Further enhance learning
- Fostering confidence and competence
- New ideas & interests
- Share learning



BENEFITS OF LIFELONG LEARNING

1. Remain relevant: Keep up to date with trends and new computer skills.
2. Prepare for the unexpected: Learning helps you to adapt and opens new doors in employment, enjoyment and new opportunities.
3. Boost your profile: This will keep you current and flexible in a career.
4. Competence leads to confidence: Learning produces feelings of accomplishment; preparing you to take on new challenges and explore new employment.
5. Sparks new ideas: Ideas can help you find innovative solutions to new and ongoing problems.
6. Change your perspective: Learning helps you understand new concepts, viewpoints and people while also opening up a wider range of employment opportunities.
7. Pay it forward: Learning develops leadership skills and helps to inspire others to learn.

In order to stay relevant, you have to stay open to new trends and keep educating yourself. You have to keep evolving.

Natalie Massenet

REMAIN RELEVANT

Along with so many things in the world, technology is constantly changing, updating and evolving. Do not be afraid of technology, be curious. If you need help with understanding there are numerous online courses, and your local library may offer one on one assistance.

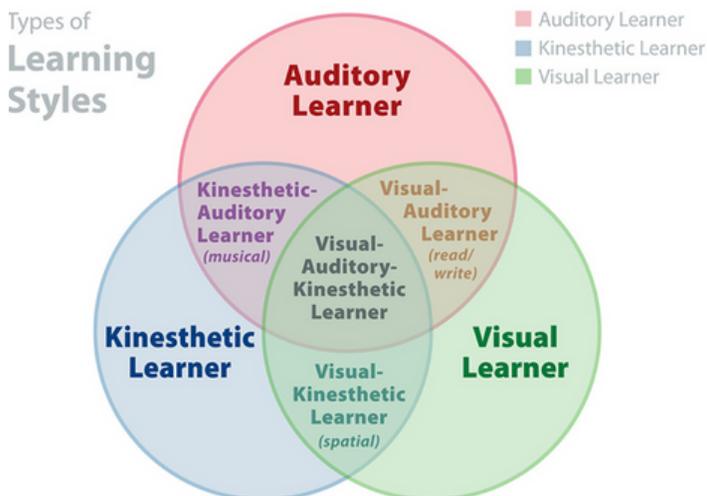
To improve computer skills in older adults, TechBoomers offers many free beginner courses.



LEARNING STYLES

Learning can take many shapes or forms which is important because different people have different styles of learning. With the importance of continuous learning, it is then just as important to know your learning style.

Overlap of learning styles



3 TYPES OF LEARNING

Visual: Learning associates information with images. Visual learners learn best when reading or seeing demonstrations, graphs, flow charts and brain maps.

Auditory: People that learn best when information is reinforced through sound. They enjoy lectures and seminars, listening to music while studying and will frequently create songs about information to help them remember.

Kinesthetic: The tactile style of learning in which people remember information easier when performing the activity, for example doing laboratory experiments or role playing.

See what kind of learner you are by completing this short quiz... <https://www.jobbank.gc.ca/seeheardo>

THOUGHTS TO CONSIDER

Now that you know your learning style...

Complete each of the 10 minutes quizzes below by clicking on each of the images. Any surprises?

Do you know which careers best match your skills?



Do you know which careers best match your interests?



FURTHER ENHANCE YOUR LEARNING

- Read publications specific to your areas of interest.
- Try MOOCs (Massively Open Online Courses) such as, [edX](#), [Coursera](#), [Udemy](#), and [The Open University](#).
- Make time to connect with a global network of people through Skype, Email, other social media platforms
- Listen to podcasts like our 'Aging, A New Reality' interview series:

The importance of social well-being and continuous learning for older adults:

Professor Marie Savundranayagam
[Western University, Sam Katz Centre]

- [Part 1](#)
- [Part 2](#)



- Watch [TED](#) videos
- Attend local training courses and events
- Many Canadian universities offer FREE and discounted courses for seniors



LEARNING FOSTERS CONFIDENCE AND COMPETENCE

Having a new career and/or new skill in mind allows you to refocus your continuous learning journey.

Below are some guiding questions to assist you in your quest to finding more information on your current interests and career possibilities.

Are there experts in your community?

- Who can you ask? Where can you look?

Is there a website or online community where you can ask questions?

- What are some key terms you can use to search?

Is there a local group with similar interests that you can join?

- Do you already know of any? Write down names, addresses and phone numbers.

Visit the library and ask for books of interest and ask about community services and community involvement opportunities.

- Where is the closest library? What are the hours?

With your new understanding of the many benefits of lifelong learning it is important to share your knowledge and encourage others to continue their learning for life, volunteering allows that to occur.