

LIFELONG LEARNING: 4 BENEFITS YOU DON'T WANT TO MISS

Education is one path that can help you add to your professional growth as you plan your steps to your future. As you continue to move forward in your career, you might be planning, evaluating your goals and even envisioning yourself in your future role. Where do you see yourself in five or ten years? And how will you ensure you develop the skills you need in order to get there?

For many, the answer is lifelong learning. But exactly what is lifelong learning and how can it help you achieve your goals? Let's take a look at this concept of continuous education along with four benefits you won't want to miss out on.

WHAT IS LIFELONG LEARNING?

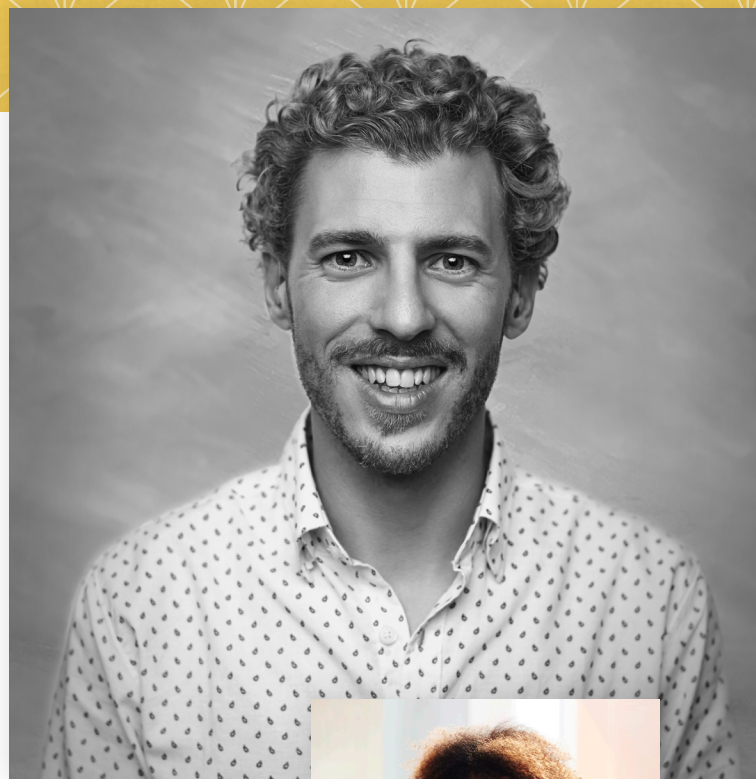
Lifelong learning is the ongoing process in which you continue to educate yourself and build new skills over time. Whether you're looking to provide more value at work, pursue new employment, learn a new hobby or enhance your soft skills, there are education options that can help you get there.

Lifelong learners can often be found:

- Goal setting
- Reading or listening to podcasts
- Keeping a running list of things that interest them
- Taking courses – from free and quick to degree or certificate focused
- Seeking and embracing change
- Starting new things – whether they are related to work or hobbies
- Networking and relationship-building

LIFELONG LEARNING BENEFITS

Many commit to lifelong learning goals because they believe it keeps them relevant at work. One Pew Research Center study¹ found that 54% of workers viewed on-going training and skill development as critical to their career success.



Other lifelong learning benefits can include:

1. ENHANCED PERSPECTIVE

One unique advantage of education is the ability to share the journey with people of all backgrounds. Not only do you have your own personal and professional experiences to bring to the table, but you can also learn from the experiences of classmates and professors from around the country or world.

A well-rounded perspective can be valuable in both your business and personal life. In many learning environments, you'll typically collaborate with peers on team projects, assignments or discussion threads. By sharing your ideas and receiving feedback from classmates and faculty, you have the opportunity to gain a global perspective on complex issues.

2. HEALTH BENEFITS

It's no surprise that learning can have a positive impact on your career – but did you know it could improve your health as well? Here are just a few of the potential benefits:

Reduced Stress – A recent study suggests that people engaging in learning activities may be less likely to experience such side effects as negative emotions, unethical behavior and burnout.

Neuroplasticity – Activities that stimulate your brain (such as learning new things) can make an impact your brain's plasticity³. Neuroplasticity essentially drives your ability to change and adapt as a result of your experiences. This can potentially mean improved memory and a better ability to recall things quickly.

Delayed Memory Loss Symptoms – In fact, studies have shown⁴ that people who engage in learning activities and challenge themselves can potentially delay symptoms of Alzheimer's, improve their memory and offset cognitive decline.

3. INCREASED CONFIDENCE

As you build your skills, your self-confidence often builds, too. You may even find yourself better equipped to handle challenges at work and in your personal life.

For those in the habit of lifelong learning, new experiences become more exciting. So as your confidence increases, your sense of accomplishment, enthusiasm and personal value can grow with it.

4. IMPROVED PRODUCTIVITY

Education is also linked closely to productivity⁵ as learning can help you develop vital critical thinking and decision-making skills that allow you to be more efficient with your time. Immersing yourself in a new area of interest can help you feel both challenged and more fulfilled, which can naturally increase your drive to succeed.

Engaging in lifelong learning helps to motivate you, build out achievable goals on an on-going basis and tackle your tasks with a renewed zeal.

GET STARTED WITH LIFELONG LEARNING

Does your career development plan include lifelong learning? Now that you understand the benefits, you can start to set aside time for continuous knowledge building. Here are a few ideas that can help build your perspective and grow your confidence:

- Take a class in a hobby that interests you (public speaking, photography, cooking, robotics, etc.)
- Join a virtual book club
- Pursue a [new degree or certificate](#)
- Explore [professional development resources](#)
- Take a virtual museum tour
- Watch a [skill-building video](#)

Regardless of the type of lifelong learning you choose to pursue, remember that it's all about you – your interests, health and vision for your future. You just might discover a new talent or skill that leads to personal or professional development and fulfillment.

Want to learn more about developing skills through education options? Ask your employer about available partnership benefits today.

REFERENCES (on the internet, visited 11/2/2020):

- 1 <https://www.pewsocialtrends.org/2016/10/06/the-state-of-american-jobs/>
- 2 <https://doi.apa.org/doiLanding?doi=10.1037%2Fap0000264>
- 3 <https://www.verywellmind.com/what-is-brain-plasticity-2794886>
- 4 <https://hbr.org/2017/02/lifelong-learning-is-good-for-your-health-your-wallet-and-your-social-life>
- 5 <https://www.investopedia.com/articles/economics/09/education-training-advantages.asp#:~:text=A%20country%27s%20economy%20becomes%20more,require%20literacy%20and%20critical%20thinking.&text=As%20a%20result%2C%20many%20countries,education%20to%20improve%20economic%20performance>

Through the education partnership between your organization and in conjunction with DeVry University, you have access to education benefits in support of your professional and life goals. To learn about transferring qualifying credits, tuition rate savings and more, contact your benefits manager or HR department for more details.



*The Portable IoT Kit is a required expense and not complimentary.

**Not including breaks. Assumes year-round, full-time enrollment. Additional program information may be found at <https://partner.devry.edu/learn/degree-programs.html>

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