

# THE IMPORTANCE OF LEARNING!

*"Intellectual growth should commence at birth and cease only at death"... Albert Einstein*

## WHAT TO KNOW!

- ❖ Learning is the process of acquiring and utilizing new knowledge that leads to long-term changes in behavior
- ❖ In the Information Age, what you knew was important; in the Knowledge Age using what you know to adapt and learn is essential
- ❖ The term, Learning Curve, refers to the learning process over time; learning does not occur all at once but is built up and shaped by previous knowledge
- ❖ In the Knowledge Age, the ability to acquire, assimilate, and apply what you know will become a critical skill for success
- ❖ As people are presented with more information and change, those who do not or those who choose not to learn will become the disadvantaged
- ❖ To be successful today, one must learn and use more information about more things
- ❖ If you don't continue to learn, you will go backwards as the world moves forwards
- ❖ People who continue to learn improve their lives and become more successful at home, with their families, at work, and in their communities
- ❖ Maintenance learning refers to staying current in your knowledge and it is essential at least to keep you even and stop you from falling behind
- ❖ Growth learning refers to acquiring new skills and knowledge to expand your mind
- ❖ Shock learning occurs when something unexpected happens that contradicts a piece of previous knowledge and can cause innovation and entrepreneurship
- ❖ Factors that affect learning include motivation, rewards, cultural expectations, availability of opportunities, resources, and family modeling
- ❖ Barriers to learning include lack of personal interest, lack of confidence, lack of support, lack of resources, addictive behaviors, and mental health problems
- ❖ Lifelong learning is defined as the consistent and deep engagement in the active pursuit of gaining and utilizing knowledge and experience across one's lifetime
- ❖ Lifelong learning or learning to learn allows a person to grow and to adapt to new roles that enhance their lives and increase their employability
- ❖ In the paper *Learning As We Age*, the Dana Alliance for the Brain states that "mental exercise, especially learning new things or pursuing activities that are intellectually stimulating, may strengthen brain-cell networks and help preserve mental functions."
- ❖ Learning something new every day will help you to achieve your maximum potential and also allow you to have a better understanding of the world around you

## WHAT TO DO!

- ❖ Try to learn at least one thing new every day and use this skill
- ❖ Learn by taking classes, going to speeches and lectures, joining book clubs, etc.
- ❖ Learn by getting books from the library, reading online, watching youtube and TED Talks videos, and watching educational programs and documentaries on television
- ❖ Ask friends to share their experiences, knowledge and expertise
- ❖ Set goals, find what interests and motivates you, and learn about it
- ❖ Limit the amount of unnecessary information such as gossip you acquire every day
- ❖ Consider entering therapy to learn more about yourself and your relationships

## WE CAN HELP!

Call us at **954 755-2885** or email us at [\*\*DrKimmel@KimmelPsychology.com\*\*](mailto:DrKimmel@KimmelPsychology.com)

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