

SKILL SUMMARY

LIFELONG LEARNING



What is lifelong learning?

What does a growth mindset have to do with it?

How can you develop a growth mindset?

IMPORTANT LIFELONG LEARNING INFORMATION

Learning is not just for school. In fact, you should keep learning throughout your life as this helps you to stay successful in your private and professional life. With the right mindset, it's easy!

GROWTH MINDSET

People with a **growth mindset** believe that they can develop new abilities through practice. This viewpoint fosters a love of learning. They see life as an exciting journey with endless opportunities to figure out new things and develop new skills.

- A growth mindset influences a person's attitude toward life.
- It can benefit people in their careers, personal relationships and all areas of life.
- It is possible to develop a growth mindset at any stage of life.

FIXED MINDSET

People with a **fixed mindset** believe that basic qualities like intelligence or talent are fixed traits that cannot be developed or learned.

- People with fixed mindsets often avoid conflict.
- They tend to document past achievements instead of focusing on future challenges.
- They may quit when things become difficult.
- They may take negative feedback personally and ignore it.
- They may feel jealous of and threatened by the success of others.

WAYS TO DEVELOP A GROWTH MINDSET

If we want to succeed, we need to invest in our personal growth. The following steps are essential for a growth mindset:

- **Lifelong learning**—No matter how old we are, we should always challenge ourselves to learn new things, gain more knowledge and try to master new skills. The higher our learning quotient, the better it is!
- **Embrace challenge**—Challenges are inevitable, so we must learn to embrace them. Challenges may be tough, but they allow us to develop and improve ourselves.
- **Embrace failure**—We should not see failure as something negative. Rather, it is proof that we tried something new. Improvement comes over time!
- **Listen to feedback**—The more open we are to feedback, the more we increase our chance to succeed.

DID YOU KNOW?

The growth mindset theory was developed by psychologist Carol Dweck. It centers on the belief that you can improve intelligence, ability and performance through dedication and hard work. A growth mindset will help you to keep learning until you are old!