



# Continuous Learning

**Goal:** Being a continuous, lifelong learner involves making a commitment to pursuing questions, engaging in inquiry, and expanding one's areas of expertise and skill. This activity is designed to provide an opportunity to define lifelong learning, explore multiple ways to pursue continuous learning, to acknowledge the ways in which one is already a lifelong learner, and to commit to always continue to learn, in school, in life, and at work.

**Part 1:** Read *50 Ways to Be A Lifelong Learner at Home*  
( <https://demmelearning.com/learning-blog/lifelong-learning/> ),

**Part 2:** As you read, fill in the template below.

	<b>Definition:</b>
<b>Have Practiced:</b> From the list of ways to practice lifelong learning included in the article, write 3-5 ways you already practice continuous learning.	1.  2.  3.
<b>Will Practice:</b> From the list of ways to practice lifelong learning included in the article, write 3-5 new ways will practice continuous learning. Beginning now and into the future.	1.  2.  3.
<b>Benefits:</b> Of the benefits of lifelong learning listed in the article, which is the most important to YOU?	<b>Benefit:</b>

**Part 3:** What is the commitment you will make to engage in continuous learning in your life and in your work? Write down your commitment.