



# 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, to acknowledge the ways in which one is already a lifelong learner, and to commit to continuous learning in school, at work, and in life.

**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>Practices:</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 article's list of ways to practice lifelong learning, write 3-5 new ways you 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 commitment will you make to engage in continuous learning in your work and in your life? Write down your commitment.