

3 Lifelong Learning

WHAT IS LIFELONG LEARNING?

The best part of retirement is having free time and one of the best uses of free time is to learn. The choices of what to learn and how to learn have never been more plentiful. As William Shakespeare said in his play *The Merry Wives of Windsor*, “Why then the worlds’ mine oyster, which I with sword will open.” Any pearl of wisdom you desire or can imagine is available to you today.

Benefits of Lifelong Learning

1 You keep your brain healthy.

The most well-known benefit of learning is that it keeps your brain in shape. When your brain is working through intellectually challenging exercises it builds neural networks. Science has also discovered that it increases the brain’s ability to re-route itself, especially if there is a disease, such as dementia.

2 You’ll be an interesting person.

Instead of giving an “organ recital” about aches and pains, conversations with friends and family can focus on fun and interesting information or a show-n-tell of new skills. Imagine

traveling to Italy with confidence as you use your Italian speaking skills or explaining the origin of the phrase, “the world is your oyster.”

3 You’ll connect with others.

Classes are an easy, convenient way to meet new people who have similar interests. There are countless groups waiting for you to join them. Want to learn about birding, try the local Audubon group for field trips. Make new friends online as you share questions and experiences in classes or Facebook groups. Relationships are proven to increase our health and longevity.





Learning something new is like experiencing a whole new beginning.

4 You will sharpen other skills.

When our brain stays healthy and fit by learning, it can more easily do other brain tasks. These include increasing memory, attention, thinking, and reasoning skills.

5 You'll be happier and more fulfilled.

Learning is fun and increases our self-confidence and self-esteem. When that learning is aligned with what we value most, we feel satisfied and fulfilled. When asked, "What did you do today?", it's wonderful when you can share what you learned, or a new skill you practiced.

Becoming a Lifelong Learner

Here are some tips on how to become a lifelong learner:

- **Take responsibility for your learning.** You'll get out of learning what you put into it.
- **Create your own learning toolbox.** This toolbox could include books, podcasts, documentaries, classes, lectures, etc.
- **Try new things regularly like a new music genre, a new food, or a new scenic drive.**
- **Keep a "to learn" list of topics, questions, or skills you want to learn.**
- **Stay open and curious.**



Resources For Adult Learning

Here are some helpful sources for lifelong learning:

- **University of Utah Lifelong Learning.** Here you'll find a plethora of lectures, outings, and classes, both in-person and online.
- **Skillshare.** This is an online source of more classes than you can imagine. An annual fee gives you access to all resources.
- **Coursera.** This is an online source of high quality, free university classes.
- **School district community classes.** Most school districts offer classes throughout the year. This is a great way to sample what you may be interested in and make local connections.
- **Clubs, guilds, groups.** You're just a google search away from finding a group of people who are always looking for new members.
- **Volunteer.** Another way to learn is to do volunteer work. Become a museum docent, read with children, or help skiers on the ski hill.

It's Never Too Late to Learn



Judi Dench

Earned her seven Oscar nominations when she was over 60.



Grandma Moses

Learned to paint in her 70's



Colonel Sanders

Started KFC when he was 65.

**LIFE NEVER
STOPS TEACHING**

**SO WHY STOP
LEARNING**





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**If You'd Like To Learn More
Reach Out To Us Today**

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