

*You have recently attended a workshop on Lifelong Learning and find it very inspirational.*

*Write a blog entry on the class Padlet, talking about the importance of lifelong learning to students and the two useful tips you have learnt in the workshop to motivate oneself to learn.*

*Write about 250 words and remember to give your blog entry an interesting title.*

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### **Nonstop learning**

by Chris Wong

Learning is a crucial part of our lives. As a student myself, I understand this, as school is where I spend most of my time. However, after attending a workshop recently, I have realized that learning extends beyond merely going to school. It is actually a lifelong process and is incredibly important. So today, I'd like to talk about the importance of lifelong learning, as well as suggesting tips I have learnt to stay motivated!

To begin with, I'd like to explain why lifelong learning is so important. Lifelong learning means to keep going, for as long as you live, as the name suggests. This means you could keep learning even after you graduate from school. Lifelong learning allows you to discover more interests. Since there are no requirements or restrictions on what to learn or how to learn them, you can broaden your horizons by exploring different things that you may not encounter at school. Lifelong learning also enhances our learning abilities. As students, we can exercise our brains by learning fun and fresh stuff every now and then! Moreover, the learning process in lifelong learning is up to us only. So, to actually learn something new, we will need to develop a sense of self-diligence, and when we succeed, we will gain more self-confidence!

Now that I've told you about how great lifelong learning is, I'd like to give you some tips to stay motivated. On paper, it sounds extremely easy to start learning something from scratch. However, in real life, it is super difficult! We could encounter some hurdles and give up easily, which is why I recommend learning with peers! Find some of your friends to learn new things with you! Friends will offer you encouragement and support when you need it, providing you with the motivation you need. Besides, doing or learning things with a company is always more pleasurable than doing it alone.

The second tip is to set attainable goals and suitable rewards for yourself. When you learn without a clear aim or goal in your head. You may end up feeling lost and discouraged. I suggest planning out what you want to achieve beforehand — of course, don't go overboard. Make sure your target is actually achievable! Then, with a clear goal in mind, you'll feel sure about what you're doing and thus stay on track and not losing motivation. Rewards are also very helpful. Maybe treat yourself to a nice meal the next time you learn something new! I think a good reward always works if you're lacking motivation.

Lifelong learning may seem to be challenging at first, but it truly enriches our lives. I encourage all of you to start lifelong learning today! I assure you that you won't regret it. I hope this blog has been helpful to you. If you have any questions, feel free to comment below!