

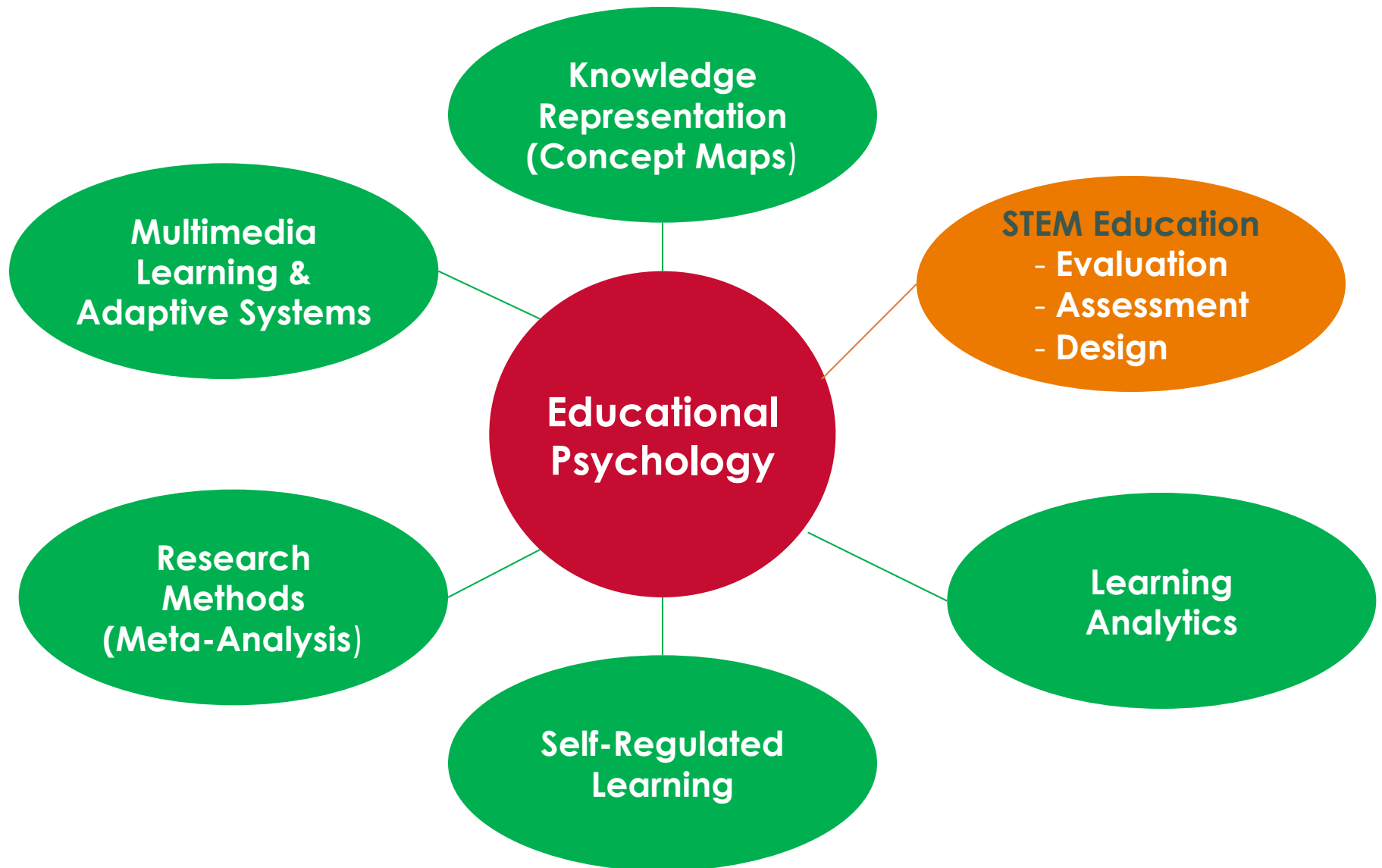
Being a Lifelong Learner, Getting the Most Out of Your Internship & End of Workshop Survey

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Research Interests



Being a
Lifelong
Learner

Being a Lifelong Learner

□ Who is a lifelong learner?

- Someone who is committed to ongoing education
- Embraces a growth mindset ... the day we stop learning is the day we die
- Lifelong learning can consist of multiple activities including earning a degree, pursuing certifications and on-the-job training, reading to learn new things, etc.
- Uses both formal and informal learning opportunities to foster continuous development and improvement of the knowledge and skills needed for career and personal fulfillment (Fairbanks, 2021)
- lifelong learning is the ongoing education of the self. Because it's on a continuum, this type of learning is self-motivated and often self-taught.... It's about having a fierce desire to gain knowledge and skills whenever, wherever, and however (Griffin, 2022)

7 Ways to Become a Lifelong Learner

- ❑ Accept responsibility for your own learning
- ❑ Keep a list of “to-learn” things and set goals
- ❑ Ask questions when confused
- ❑ Put what you are learning into practice
- ❑ Improve your memory ... re-read, do practice testing, etc.
- ❑ Embrace a growth mindset
- ❑ Read! Read!! Read!!!

Making the Most of Your Internship

10 Ways to Make the Most of Your Internship

- ❑ Meet and learn about your coworkers
- ❑ Set proximal and distal goals
- ❑ Learn through mastery and vicarious experiences (watching others)
- ❑ Be professional (attire, timing, email etiquette, understand hierarchy, etc.)
- ❑ Be a hard worker – take it more like an interview experience
- ❑ Be organized
- ❑ Manage your time wisely
- ❑ Keep track of your projects
- ❑ Find time to make lasting friends/contacts
- ❑ Reflect on your experience

Survey Link

[https://wsu.co1.qualtrics.com/jfe/form/
SV_dbWI9LQLzUMTca2](https://wsu.co1.qualtrics.com/jfe/form/SV_dbWI9LQLzUMTca2)

Thank You!