



LEARNING
REFLECTIONS
ACTIVITY
click here!

• THE LEARNING journey

When you hear the phrase ‘growth and development,’ you may think of developmental milestones like physical growth and cognitive development.

Truth be told, you never stop learning and growing. And while you may not be getting taller or cutting that first tooth, you continue to develop who you are throughout your entire life.

Charting a career path is another important branch on your learning journey. You go to school, train, and once you join the workforce, the journey doesn’t end. In many ways, it’s just the beginning!

As you gain practical experience, you start to discover things about yourself that you may not have realized without putting your new skills and knowledge to use. A lot like life, your professional growth and development is a journey and not a destination.

DEVELOPING DAILY LIFELONG LEARNING

The world is full of opportunities for you to explore. Keep charting your learning journey by trying out a few of these lifelong learning options.



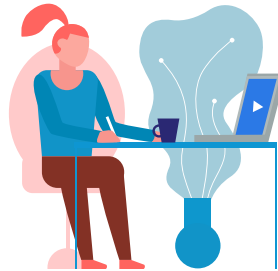
The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice.

– BRIAN HERBERT



DISTANCE LEARNING

Sign up for a distance learning course to develop your knowledge in an area you're interested in for your professional development.



ONLINE LEARNING

Look online for some courses to develop specific skills. A course on Excel, or how to make a bird house, or how to be a master photographer using your smartphone or...well, you get the idea.



MENTORSHIP

If there's a role you're interested in learning more about, approach a colleague who's already doing the job and ask them about it. What do they like about it? What experience and education are needed? Is there an opportunity to job shadow? *Bonus:* Your mentor gets to develop their mentorship skills!



Self-Care Tip

Being a mentor can be just as important as having one—and it's a great way to develop your own leadership skills.

Visit alis.alberta.ca and search **Learn How to be an Effective Mentor** for some great mentoring tips!



Community Connection Tip

Interested in online learning?

Explore [EcampusAlberta.ca](https://ecampusalberta.ca) for a listing of online learning schools and training opportunities to help get you started.

SOURCES

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