

Workplace Learning, becoming a better learner

Course Code

SSBS142

Duration

1 Day

Format

Classroom | Virtual

Overview

There was a time when what you learned in school before entering the workforce would be all you needed to know for the rest of your career. That is no longer the case, as today skills can become outdated very quickly. The rapid evolution of workplace technologies and best practices means you need to keep your skills current. You must truly be a life-long learner and can no longer rely on what you already know.

The definition of learning is the process of acquiring new, or modifying existing knowledge, behaviours, skills, values, or preferences. It is a means of honing our skills, enriching our minds, and changing the way we see things in the world.

This one-day course will help you to become a better learner, and as a result make you a more valuable employee and well-rounded individual.

What Topics are Covered?

- Adopting the Best Mindset for Learning
- Taking Better Notes
- Setting and Managing Goals
- Expanding Your Network
- The Whole Picture
- Mind and Body
- How You Can Accelerate Your Learning

Objectives

Specific learning objectives include:

- Understand what it means to learn and become a life-long learner
- What a mindset for learning looks like and how to adopt one
- How to set realistic goals
- To understand what your network is and why expanding it is important
- How to ask questions and why that is important
- How to become accountable for your goals and take responsibility
- How to accelerate learning
- Develop a plan for learning