

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

Sola Adesope

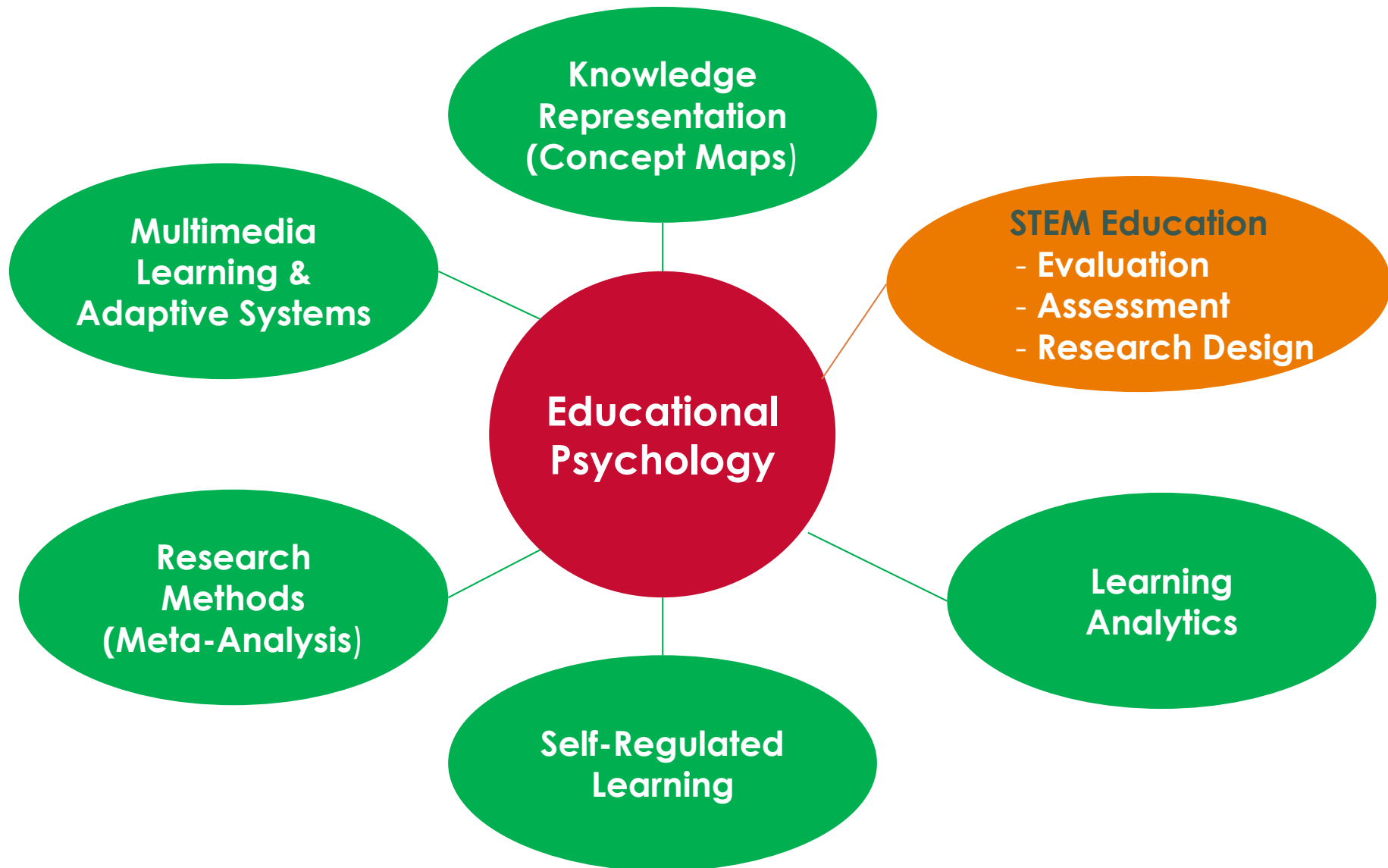
olusola.adesope@wsu.edu

Professor & Associate Dean for Research, COE



Presented at the CySER Summer Workshop on May 28, 2024

Research Interests



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.

Who Is a Lifelong Learner?

- ▣ 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

- ❑ Be self-regulated - 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

10 Ways to Make the Most of Your Internship

- ❑ Be organized
- ❑ Manage your time wisely
- ❑ Keep track of your projects
- ❑ Find time to make lasting friends/contacts
- ❑ Reflect on your experience

End of Workshop Survey



This is a brief survey of your experience in the 2024 Cybersecurity Education and Research Summer Workshop. The goal of the survey is to solicit feedback on your experience during the workshop. The survey will take about 15 minutes to complete. Responses from the survey will be summarized and aggregate results will be presented.

We greatly appreciate your time and participation.



Survey Link

[https://wsu.co1.qualtrics.com/jfe/form/
SV_bjRnP4FcVsoGl4G](https://wsu.co1.qualtrics.com/jfe/form/SV_bjRnP4FcVsoGl4G)

Thank You

- Sola Adesope
Olusola.Adesope@wsu.edu

