

Becoming a Lifelong Learner and End of Workshop Survey

Sola Adesope

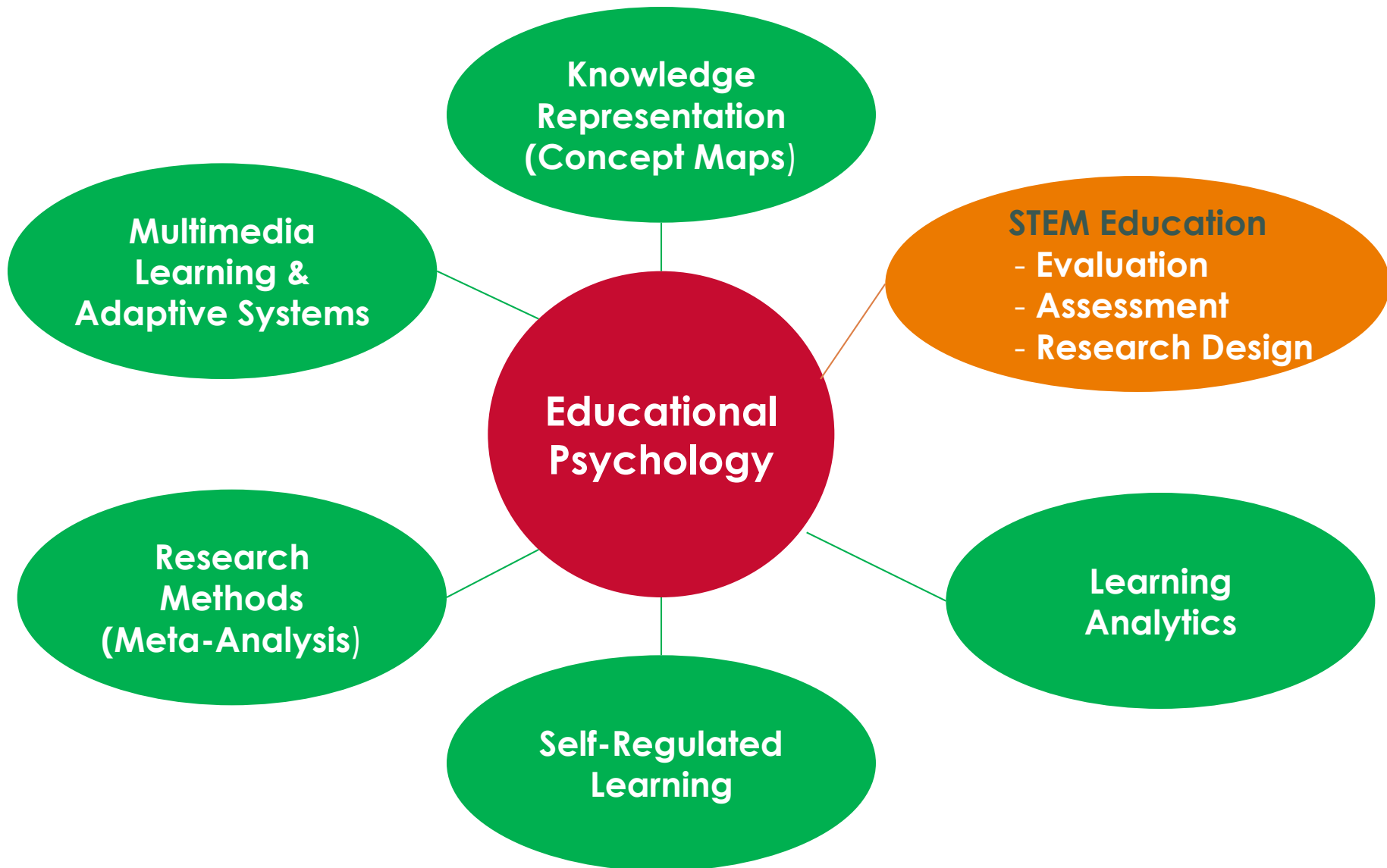
olusola.adesope@wsu.edu

Professor & Associate Dean for Research, COE



Presented at the CySER Summer Workshop on May 22, 2026

Research Interests



Becoming 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.

Lifelong Learning

- ▣ 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 about having a fierce **desire to gain knowledge and skills whenever, wherever, and however** (Griffin, 2022)

Why Lifelong Learning Matters

- ▣ Technology and industries evolve rapidly; continuous learning is now essential.
- ▣ Research links lifelong learning with stronger cognitive health and wellbeing.
- ▣ Continuous learning improves career adaptability and resilience.
- ▣ Learning supports creativity, problem-solving, and social engagement.

Why Lifelong Learning Matters

- A 2021 systematic review found lifelong learning improves cognitive function, self-confidence, and quality of life.
- Studies show intellectually stimulating activities may delay cognitive decline and dementia onset.
- Continuous learning is associated with stronger labor-market outcomes and career sustainability.
- Mentally stimulating work and hobbies build 'cognitive reserve' in the brain.

1. Develop a Growth Mindset

- Research by Carol Dweck shows people who believe abilities can improve are more likely to persist and succeed.
- View mistakes as learning opportunities.
- Replace fixed thinking with: 'I can improve with effort and practice.'
- Seek constructive feedback regularly.
- 8 □ Celebrate small wins to sustain motivation

2. Practice Active & Consistent Learning

- Studies show spaced repetition and active recall improve long-term memory retention.
- Learn in small daily sessions instead of cramming (spaced practice)
- Apply knowledge through projects and discussions.
- Teach others to strengthen understanding.

3. Build Learning Habits & Reflection

- Behavioral science shows habits are more sustainable than relying on motivation alone.
- Schedule dedicated weekly learning time.
- Track progress using journals or digital tools.
- Reflect regularly: What did I learn? What should I improve?

The Future Belongs to Lifelong Learners

- Lifelong learning is a competitive advantage in a changing world.
- Continuous learning supports health, adaptability, and fulfillment.
- Small daily learning habits compound over time.
- The most successful people remain curious throughout life.

End of Workshop Survey



https://wsu.co1.qualtrics.com/jfe/form/SV_1MiJ7YKWfNrH1DU

Thank You

- Sola Adesope
Olusola.Adesope@wsu.edu

