



THE IMPORTANCE OF LEARNING

Learning isn't just about remembering facts to pass exams. In fact, learning is a lifelong process that doesn't stop whether you're an adult or a child. We have already looked at how food and exercise nourishes our bodies, and in a similar way it's vital that we keep our minds active. By constantly acquiring information and looking for new ways to learn, we increase our ability to develop ourselves, both personally and professionally. The misconception that learning starts and finishes at school will only serve to limit us. Now more than ever, we can look for innovative ways to learn new things, be that information, skills, or even just learning to live with our family harmoniously!

In order to carry on developing, it is a good idea that learning (whatever that may look like for us as individuals) is scheduled into our daily routine. During a time of emergency when so many things are uncertain, creating a routine helps in various ways. Committing to a schedule can provide predictability and structure, along with a sense of safety and reassurance, though trying to mimic a classroom environment at home just isn't going to work.

To help contain COVID-19, a significant percentage of adults are required to work from home, whilst many schools, including those in the Greenshaw Learning Trust, have needed to embrace home learning, preparing packs and materials for children to use at home. Such packages have been carefully constructed to ensure students are able to access a broad and balanced curriculum. But just why is it so important we continue to learn and therefore develop during this challenging time? Here are a just a few reasons:

- **Remain relevant:** To be effective in the constantly evolving world in which we live in means we keep up-to-date with new information and amending our knowledge and skills as appropriate.
- **Competence leads to confidence:** Learning new things gives us a sense of achievement which, as a consequence, boosts our self-confidence and allows us to feel more ready to take on challenges and explore new ideas.
- **Sparks new ideas:** Developing new skills and gaining knowledge can help reveal new opportunities and help you find new and creative ways to tackle any problems that arise.

To help ourselves learn whilst at home it's important we encourage ourselves to change out of pyjamas and, where possible, have a dedicated space for work to be completed. Carving out designated time for meals and snacks is a good idea, as well as limiting time on our phones and looking at a screen. It may be beneficial to schedule tasks we consider more difficult earlier in the day when you feel more alert and rested.

It's also important to highlight to young people, and perhaps adults, that learning doesn't just mean studying those subjects considered more academic or reading books. You can also learn whilst participating in creative and outdoor activities. Ultimately, learning is essential to our existence. The current crisis will mean we need to adapt and develop new ways to understand our world and the lives we lead. In the words of Eric Hoffer, the American moral and social philosopher: "In a time of drastic change it is the learners who inherit the future. The learned usually find themselves equipped to live in a world that no longer exists."