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Self-Motivated Search for Knowledge – The Path to a Sense of Personal Satisfaction, Self-Improvement and a Healthy Life

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Abstract: *this article is devoted to lifelong learning. The advantages of this form of education are considered. The relevance of lifelong learning for the development of personality at the present stage of development is substantiated.*

Keywords: *lifelong learning, voluntary learning, personal motivation, life skills, potential, «required program», experience, success.*

Previously, general and vocational education was aimed at preparing a person for working life. Now, the main focus is on learning to prepare a person for the need to learn all his life, stand out from others and win in the competition. Moving forward in the educational space, a person gradually discovers different facets of his integrity.

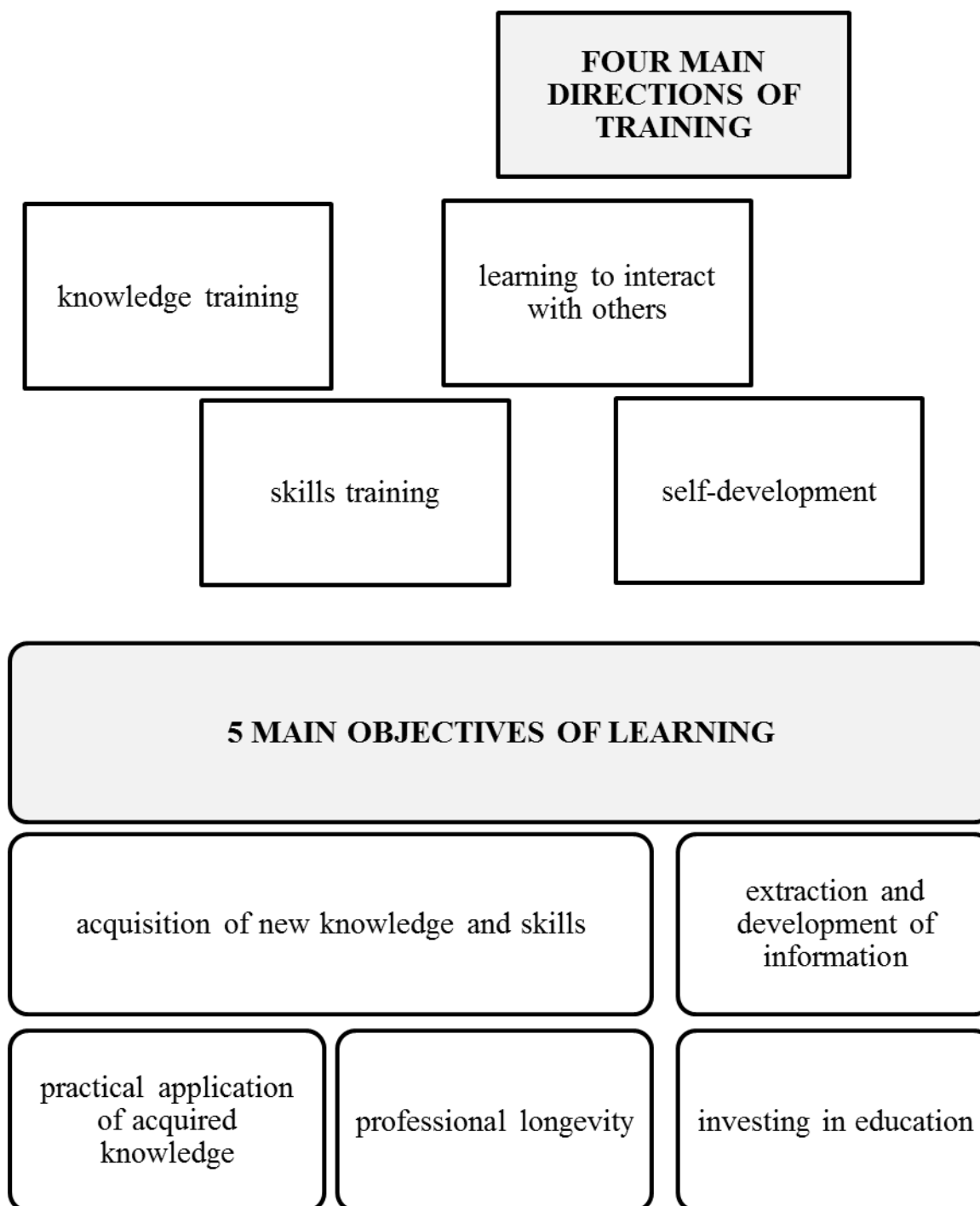
Education must be unfinished, intensive, continuous and becomes the main driver of a career throughout life.

Lifelong learning is the concept of continuous renewal of knowledge and skills, both for professional and personal reasons.

The concept of lifelong learning involves voluntary learning, so personal characteristics and the desire to learn are of great importance. Often, in order to get people to learn, material interest alone is not enough, it is necessary that they are interested in learning itself, and not just its future results¹.

This concept carries a positive charge and leads to moral health and psychological comfort.

¹ Барановская, Е. В. Lifelong Learning (обучение на протяжении всей жизни). Концепция, цели и преимущества / Барановская Е. В., Ладыженко М. В. // Высшее техническое образование: проблемы и пути развития = Engineering education: challenges and developments: материалы X Международной научно-методической конференции, Минск, 26 ноября 2020 года / Министерство образования Республики Беларусь, Белорусский государственный университет информатики и радиоэлектроники. – Минск: БГУИР, 2020. – С. 17.



Lifelong learning involves learning not only professional, but also other vital, necessary, necessary skills that are necessary to effectively respond to the changes, problems and opportunities of everyday life with greater ability and confidence. Each person has the opportunity to realize their potential, at all ages. Learning new skills should become a part of everyday life for more people, a «mandatory program».

To succeed and realize your potential, you need to constantly learn. It is a process of gaining experience. It is important to tune in to knowledge and learn to learn ².

² Петерсон Кей. Век живи – век учись. Найдите стиль обучения, подходящий именно вам / Кей Петерсон, Дэвид Колб;

MANDATORY TO LEARN, RENEW AND GROW

flexible approach to learning, openness to new experiences and the ability to fully live it, being aware of every moment

critically examine, evaluate, change habits and beliefs learned in earlier stages automatically

believe in your ability to learn from experience and mistakes, strive to gain new experience, take on challenging tasks, show perseverance, define your own learning style

the ability to find new opportunities, the ability to continue working after failures, adapting to changing priorities

A person must develop the habit of acting and improving every day in all areas – health, career, finances, thinking, relationships, etc. And this is a lifelong process.

Culture, personality traits, education, career path, as well as surrounding circumstances – all affect what kind of learning method is developed by each³.

Everyone strives for success. Everyone wants to get the best out of life. Nobody likes mediocrity... John Wanamaker, a great businessman, a man who created himself, often said: «Nothing is born from a single thought»⁴.

Lifelong learning helps a person to achieve success, because he gets used to looking for and finding exactly such problems in which he can apply his own skills most effectively.

пер. с англ. Н. Брагиной. – М.: Манн, Иванов и Фербер, 2018. С. 4.

³ Петерсон Кей. Век живи – век учись. Найдите стиль обучения, подходящий именно вам / Кей Петерсон, Дэвид Колб; пер. с англ. Н. Брагиной. – М.: Манн, Иванов и Фербер, 2018. С. 72.

⁴ Дэвид Шварц. Искусство мыслить масштабно. Перевела с английского Г. И. Левитан по изданию: THE MAGIC OF THINKING BIG by David J. Schwartz. – N. Y.: Simon & Schuster, Inc., 1987 – «Попурри», 2014. С. 200.

Choosing to continue lifelong learning can lead to a sense of personal fulfillment. It can also help prevent burnout, as professionals who feel motivated to learn and achieve are more likely to take steps to continue their careers.

Also, lifelong learning entails greater stability and sufficient income to keep track of health.

With the help of a self-motivated search for knowledge, you can reach professionalism, become a true master of your craft and reveal your abilities.

To summarize all of the above, lifelong learning provides an opportunity to be progressive, energetic, keep up with life, feel young and in demand, regardless of age.

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