

# 5 Benefits of Lifelong Learning

Lifelong learning can show intrinsic motivation. Whether or not you are learning for personal interest or to benefit your career path, the fact you are willing to learn shows others you can grow your mindset. Engaging in self-directed learning can help you assume responsibility for your own outcome of your efforts. A 2020 Pew Research found lifelong learning has concrete and intrinsic benefits. Below are the five benefits for becoming a life long learner.



## 73% of American adults consider themselves “lifelong learners”

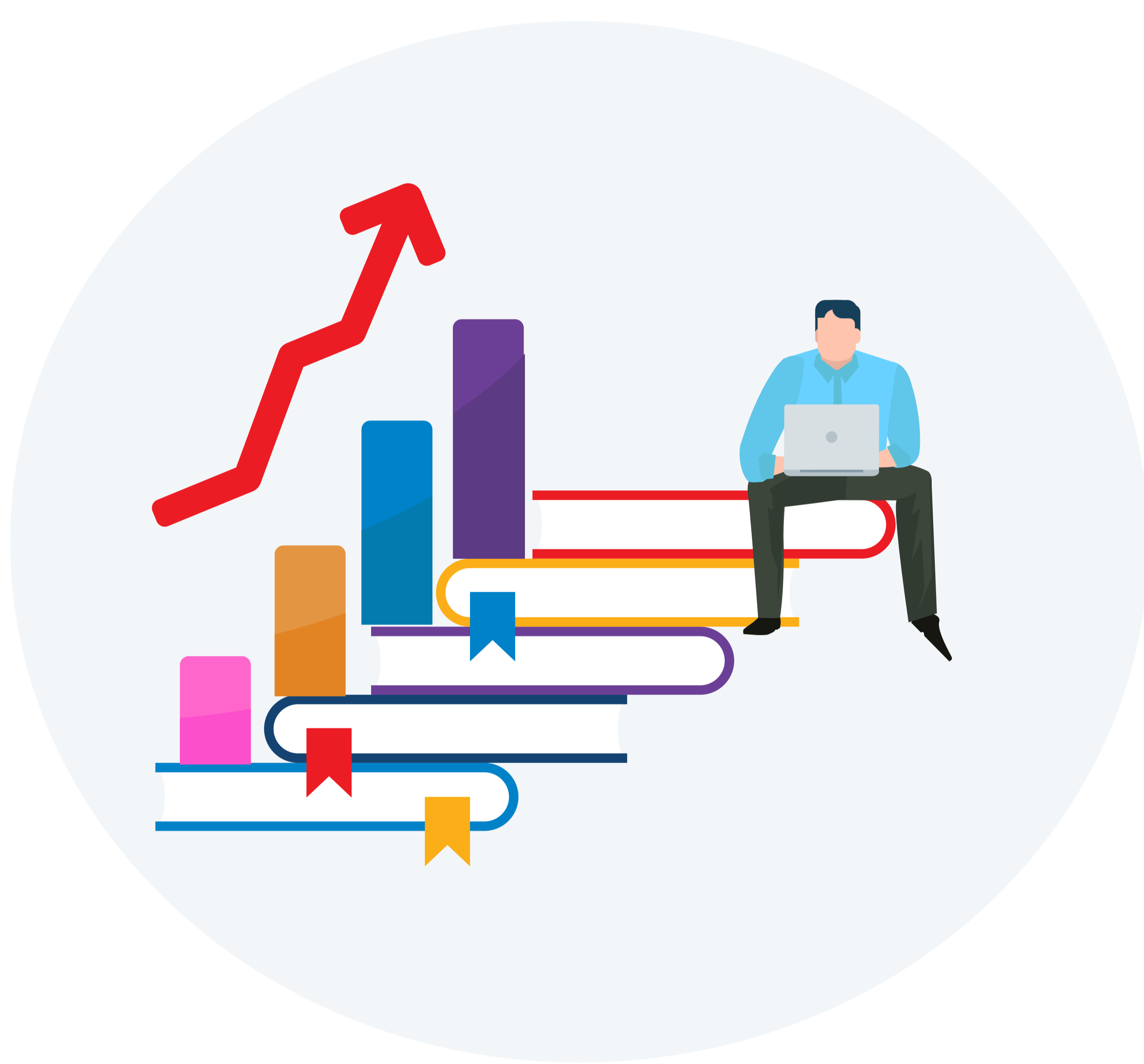
There are many reasons people dedicate their time to increase their knowledge, whether personal or professional, learning after the traditional school years has countless benefits.

### Maintaining and Improving Skills

Being a lifelong learner helps you maintain and improve your skills, whether professionally or personally.

**55%** received additional training to learn, maintain or improve job skills.

**87%** felt more capable and well-rounded because of personal learning.



### Licensing and Certification

Of the professional learners cited in the study,

**36%** who engaged in learning activities in the past year did so to get a license or certification.

### Raises and Promotions

Self directed learning can help you become a competitive candidate for raises and promotions.

**24%** of professional learners stated additional training helped them get a raise or promotion at work.



### Job Mobility

With a competitive job market in mind,

**13%** of professional learners engaged in training stated it helped them get a new job with a different employer.

### Job Retention

While **63%** of those who are working are professional learners, only

**7%** of those professional learners took additional training because they were worried about possible downsizing in their workplace.

