

Personal Growth Series

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The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live.

Mortimer Adler

Tips on how to develop learning abilities more effectively:

Life is often described as a learning journey. Whether we realised it or not, we are perpetually undergoing the process of learning (and sometimes relearning).

Not all the learning takes place in a formal environment, like in a school. Most of our learning occurs in ordinary (and occasionally extraordinary) circumstances through various sources – the media, interaction with others and even experiences. But not every person learns something the same way, and that is because we may experience an event differently, and we may also interpret an event differently.

Learning generates personal growth, not just intellectually but it also shapes and molds our character. It thus benefits us if we aspire to be lifelong learners!

- ❖ Success stories make good learning points, but so do failures, setbacks and mistakes. Thus, we need not view negative events as something catastrophic as we could draw learning points from these experiences. As the saying goes, ‘failure is a stepping stone to success’!
- ❖ There are various theories about how we learn. However, learning is not necessarily a race to the finish where the prize goes to the fastest learner. It is important to recognise that everyone learns at his or her own pace, and also through his or her own ways. Some learn better through visual aids, others may prefer aural modalities. These learning styles influence the way we learn, and employing or developing the appropriate strategies to aid one’s learning will boost our level of comprehension and motivation. Consult or seek help from a professional to better understand your learning and behaviour, if necessary.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting.

If you would like to see a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.

**keep
learning.**