



## December 2011 Monthly Bulletin

### *Rev up the brain power*

# No adult left behind

For most adults, their formal school years are behind them. But in today's fast-changing world, continuing to learn is critical to success.

### How can adults keep learning?

Inventor Henry Ford said: "Anyone who stops learning is old, whether at twenty or eighty."<sup>1</sup> How can adults keep learning while balancing busy lives? Here are some suggestions:

- **Always carry a book with you.** Reading helps you gather information, identify interests, build vocabulary and develop ideas. Keep a book with you all the time. You'll be surprised how often you can read a few pages. For instance, you can read while waiting for a doctor's appointment, your train or even in the supermarket checkout line!
- **Keep a list of "to learn" topics.** Do you ever think "That's interesting: I have to look that up"? Write down the things that perk your interest and follow your curiosity.

- **Take fifteen minutes a day to learn something.** It's faster than ever to get answers and information. You can use Internet search engines (like Google™) to find practically anything on a computer or even most up-to-date smart phones. Expand your "mental file cabinet" by adding new bits of knowledge every day.
- **Learn in groups or classes.** Join your library's book club or a community group. Sign up for a class at your local college. Many people are motivated by learning in groups because of the benefits of sharing ideas and socializing.
- **Make learning a top priority.** Sign up for a computer course. Learn to use new applications or software. Visit museums and other interesting sites. Watch informational television shows and see plays. Expand your interests and, as Henry Ford suggested, you'll never grow old!

<sup>1</sup>[www.quotegarden.com](http://www.quotegarden.com)

### Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!



Contact your EAP for 24/7 access for you and your eligible family members:

**1-888-825-3509**  
**[www.HorizonCareLink.com](http://www.HorizonCareLink.com)**  
**Username: firstdata**  
**Password: myeap**

**Live and learn**