

Learn, unlearn, re-learn

September 2014 Newsletter



The world around us is changing all the time. The ability to learn, unlearn and relearn is a vital skill. It's about adapting to change — and it's called “learning agility.”

How important is learning agility?

Experts say that 40% of the things college students are learning today will be obsolete in 10 years. Most of the jobs these students will have don't even exist yet! ¹

To keep up with changing times, many believe that learning agility is today's most critical skill. ²

What's your learning agility IQ?

Did you ever use a typewriter? How about a rotary phone? You used learning agility when you transferred your knowledge of those systems to computers and cellphones.

Or think of music. Many of us have gone from listening to our music on turntable record players to 8-tracks to cassettes to discs to downloads. Keeping up with all these advances is learning agility in action!

Learning agility helps you in all areas of life

Employers value people with learning agility. Such employees can adapt to new roles, go with the flow of business needs, take on new tasks and think creatively.

In your personal sphere, learning agility helps you adjust to transitions in your family, different stages of life and the many ups and downs of daily living.

Tips for improving your learning agility

Here are some ways to boost your learning agility: ³

- **Be open to experimenting.** When faced with a challenge, try to avoid the easiest solution. Instead, see how many new

solutions you can come up with. In other words, think out of the box.

- **Ask questions.** Ask questions when you get a new task. Keep asking until you really understand. You can't do your best work until you really “get it.” If you feel stressed out because of pressure to get something done, stop and breathe.
- **Learn from experience.** Once a task or transition is complete, ask someone reliable and trustworthy for feedback. For example, if you're an employee ask your manager for specific comments on what you did.

Remember: Feedback is meant to teach. So listen with an open mind.

When you get feedback, you don't have to defend or explain your actions. Rather, use the comments to think back over your efforts. See what you can learn for the challenges ahead.

- **Try something daring.** Take on a new project that feels a little scary to you but won't have serious results if it's not done perfectly. Let's call it a “safe risk”.

It might be volunteering for a new cause, training to run a mini-marathon or something else you haven't tried before. Recruit a mentor and others to support you. See what you can learn by venturing into new terrain.

Nonstop learning leads to agility

The tips above lead to discovery and knowledge. In these changing times, we all need to keep our mental wheels greased and turning. Keep learning to stay on top of your game.

¹www.forbes.com

²www.huffingtonpost.com

³www.visionroom.com