

Syllabus

Becoming a Lifelong Learner



Course Overview

Number of Units: 5 Units

Estimated time: 3 - 5 weeks or 9 - 15 hours

OALCF Levels: A1.1-2, A2.1, A3

Suggested Milestones: 1 or 2, 3 or 4, 8 or 9

Course Description

Sometimes we forget that learning is not just for children. Lifelong learners are open to learning every day of their lives. They seek, develop, and use skills to meet the ever-changing challenges of our world. Lifelong learners can inspire others to explore and learn, creating benefits for both themselves and their families. This course will open new doors in your journey as a lifelong learner.

Summary of activities: Reading, Quizzes and Journals.

Unit 1: Learning in Everyday Life

Learning opportunities are all around us. This unit will guide you to find ways to learn in everyday activities. This unit will cover what learning means and how it impacts our daily lives.

Unit 2: Learning and Health

Medical science discovers something new every day, so staying healthy means being able to learn new information. This unit will give you tips for learning that will help you stay healthy.

Unit 3: Learning and School

Learn how attitude, sleep, nutrition, being on time and your organization skills impact your ability to learn. Strategies for communicating with schools and participating in school activities such as homework, websites, newsletters, and forms will be covered.

Unit 4: Learning and Community

Learn what it means to be an active part of your community and how lifelong learning opportunities are all around us. Benefits of being involved in community events and volunteer activities will be shared.

Unit 5: Becoming a Learning Role Model

When you become a lifelong learner you become a role model for your family and others around you. Learn how to be a “learning leader” while encouraging others to enjoy the benefits that lifelong learning creates.