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PSL Programme — Personal, Social and Learning-to-Learn Competences

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C. Reading Material

Reading: Lifelong Learning & Career Development

Learning does not stop after school or training.

Lifelong learning means:

- continuing to learn,
- develop skills,
- gain experience,
- and grow throughout life.

People develop valuable competences through:

- education,
- work,
- caregiving,
- volunteering,
- relationships,
- and everyday life experiences.

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Career development is not always a straight path.
People may experience:

- changes,
- interruptions,
- new opportunities,
- and personal transitions throughout life.

Setting goals and recognising strengths can help support:

- confidence,
- motivation,
- employability,
- and personal growth.

Managing learning effectively includes:

- planning,
- organisation,
- reflection,
- and recognising progress over time.

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Everyone has valuable experiences and strengths that can contribute to:

- learning,
- work,
- family life,
- and future opportunities.

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