

Strategies for Becoming a Continuous Learner

You become an effective continuous learner by honing a set of behaviors...

1. **Have a beginner's mindset.** “If you approach anything with the mindset of an expert, you will learn nothing. With the expert's mind, you are looking for confirmation and validation of what you already know. A beginner, on the other hand, looks constantly for one new tidbit, one or more ways to expand on their current expertise. In other words, expert or not, they don't think that way, because they know that only with an open, beginner's mind, can they benefit from the learning opportunity.”
2. **Making connections.** “Continuous learners do that. They continue to think about what they have learned in one part of their life and how it relates to and connects with challenges, problems, opportunities, and situations that occur in other parts of their life.”
3. **Being flexible and adaptable.** “Learning requires change, so continuous learners realize that they must be willing to adapt and change if they want to grow.”
4. **Being continuously curious.** “One of the most powerful learning questions we use is “Why?” “Why?” is the question of the curious. Continuous learners remain curious about people, places, important and mundane things as well. By cultivating their curiosity they are adding to their knowledge and perspective while exercising an important part of our learning brain at the same time.”
5. **Learning in multiple ways.** “In school, we learned in a relatively limited number of ways, which unfortunately leaves some people with a limited view of learning. Continuous learners know that they can learn by reading, by listening, by trying, through others, with a mentor, etc. (etc.!)”
6. **Teaching others.** “Something magical happens when you teach someone something – you suddenly understand it better yourself. Continuous learners teach others not just to help the other person (or to show them how much they know) but because they know it helps them deepen their mastery of their own learning.”

These six behaviors are key to becoming a continuous learner. They are most likely behaviors you already practice. You simply need to become more aware of how you use them to **respond to change** and new demands.