

Why learn and discover?

Whether it's gaining a new skill or broadening your knowledge outside of your degree subject, the end results of learning can undoubtedly be positive. The act of learning in itself is valuable and has been shown to boost self-esteem, resilience, social integration and more. In July and August we shine a light on Learn and Discover as our spotlight Way to Wellbeing.

Here's some more information on how incorporating Learn and Discover into your daily routine can help you:

1. Enhance self-esteem and confidence

Learning a new skill will help you to feel more confident in taking on new tasks and will allow you to feel more equipped in different situations, enhancing your self-esteem.

2. Encourage social interaction

Learning can be part of a social experience, for example you could join a club to learn a new hobby and meet new people at the same time.

3. Increase optimism and hope

Learning can broaden your horizons and lead to new opportunities, helping you to feel hopeful for the future.

4. Help you to cope with stressful situations

Learning brings with it new information and knowledge that can be useful for solving stressful problems, and equips us with new skills that can address future stressors.

5. Help to establish a sense of purpose

If there is a new skill or hobby you would like to learn, you can set goals around this which will help you to create a sense of purpose and work towards something you have always wanted to do.

6. You get better at learning by learning!

Learning boosts the connections within your brain, and your brain can then apply that to other areas or problems. So, the more you learn, the better you get at learning!