

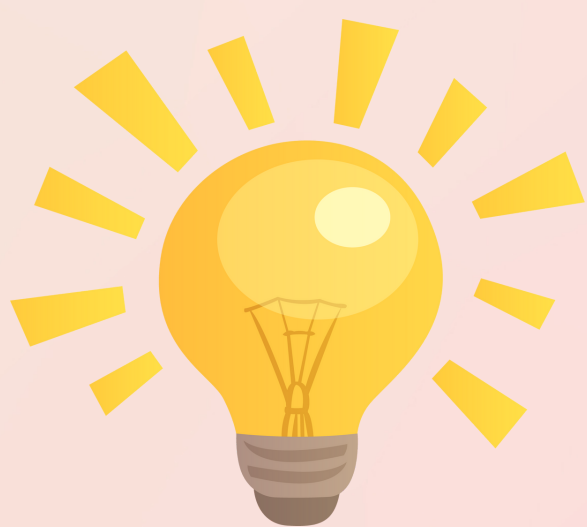


Keep Learning!

Learning new skills can boost confidence and give you a sense of achievement. This doesn't have to be in a formal classroom setting or be about getting a qualification or grade. Why not give some of the following ideas a go?

- Join a lunchtime/after-school club at school!
- Rediscover an old interest
- Pick up a new book or revisit an old favourite
- Do a crossword or Sudoku puzzle
- Research something you're curious about
- Help out with your sibling's/child's homework
- Take part in a free online course
- Learn a new language
- Visit a museum or Art gallery
- Learn a new word or random fact
- Take on a different responsibility at work
- Fix a bike
- Learn to play an instrument
- Learn how to cook your favourite food
- Set a challenge you will enjoy achieving

Learning new things will make you more confident, as well as being fun to do. Continued learning through life enhances self-esteem and encourages social interaction. The practice of setting goals has been strongly associated with higher levels of wellbeing.



The importance of Learning New Skills

- Boosts Self Confidence
- Builds a Sense of Purpose
- Builds a sense of purpose
- Raises self-esteem
- Helps you find your passions and activities you love
- Gives creative ideas
- Builds a sense of achievement
- Helps you connect with others
- Aids Self-Discovery

“youth trust”

