



Key Competences Kit
for facing Lifelong Learning

CURRICULUM

Learning to learn

MODULE 5

8 KEY COMEPTENCES KIT

July 2009

Curriculum: 8 Key Competences Kit for facing lifelong learning

Partner: Social Policy Unit, Lithuania

Module Number: 5

Module Title: Learning to learn

Number of Units: 4

Authors:

SPU

Contacts in case of questions or support:

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Total duration of the module: 16 academic hours

Theory: 5 hours

Exercises, practices: 9 hours

Summary, Self-evaluation: 2 hours

Documents for completed course: CERTIFICATE

Form of Module: Compulsory

Credits: 1

Prerequisite for participation:

- Basic knowledge of mother language.
- Basic literacy: reading and writing.
- Basic computer literacy (for advanced stage e-learning).

Target group:

Adults with lack of basic training or education gaps at risk of social exclusion: immigrants, early school leavers, adults over 55, former young offenders, low-qualified workers, the unemployed etc.

Knowledge to acquire:

- General knowledge of lifelong learning (LLL): notion of LLL; LLL as an endeavour that requires special skills; formal and informal learning for adults; EU and national policy support for LLL;
- LLL as a prerequisite to meaningful life, employability and income security in contemporary European society;

- “security in change versus security against change” – prerequisite to competitiveness in the labour market;
- Awareness of implications of lifelong learning: employability; empowerment; community building; quality parenting;
- Universal factors of effective learning;

Skills to:

- assess individual learning needs;
- identify learning goals;
- plan and monitor achieving learning goals;
- assess learning opportunities (select and analyse relevant information);
- apply acquired knowledge in practice (adjust occupational awareness to new skills; present acquired skills in job application; utilise acquired skills for formulating future learning goals);

Attitudes:

- development of a positive attitude towards lifelong learning through its perception as a prerequisite to employability, personal fulfilment and cultural development;
- overcoming negative stereotypes about learning capabilities related to age, educational background and other;
- motivation to learn;

Methodologies for delivering of the training:

- Face to face tutoring
- Blended learning
- E-learning (second advanced phase of learning programme delivering);

Learning evaluation:

- Questionnaires aimed at assessing teaching content and teaching methods;
- Online tests (multiple choice, false/true etc.).

Module Contents

Didactic Unit	Theme	Time
Didactic Unit 1. Lifelong learning	basic definitions: notion of LLL; participation in LLL across EU; national and EU policy context;	1 hour
	LLL for adults: formal and informal continuous learning;	
Didactic Unit 2. Skills for effective lifelong learning (skills in the affective domain)	recognize the need lifelong learning;	3 hours
	formulate a systematic approach to learning;	
	set your learning goals;	
	plan for and monitor achieving learning goals (time management); reflecting on learning process;	
Didactic Unit 3. Skills for effective lifelong learning (skills in the cognitive domain.)	recognise an ability to engage in LLL; assess personal strengths and areas for development; identify and assess learning sources and opportunities (select and analyse relevant information); use information appropriately to solve defined problems; judge the worth of ideas, and opinions, choose among alternatives;	5 hours
Didactic Unit 4. Practical application of lifelong learning skills	occupational awareness and new skills;	5 hours
	job search (job application, interview);	
	acquired skills for improving career opportunities;	
	acquired skills for formulating future learning goals;	
Didactic Unit 5. Motivation to learn	stereotypes about LLL;	2 hours
	new factors of employability and competitiveness in the labour market;	
	advantages of LLL beyond labour market: community building; quality parenting and family life;	

Project Partners:



Associated Partner:



Promoter:

