



# Faculty of Health Sciences

School of Medicine

Learning Development Programme

Life Long Learning Skills

LLLS1524

UNIVERSITY OF THE  
FREE STATE  
UNIVERSITEIT VAN DIE  
VRYSTAAT  
YUNIVESITHI YA  
FREISTATA



UFS·UV

HEALTH SCIENCES  
GESONDHEIDSWETENSAPPE

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## **1. INTRODUCTION**

The Lifelong Learning Skills Module (LLLS1524) is designed to help equip undergraduate students in Health Sciences Professions with skills to empower them to be academically and socially more prepared and balanced. The aim is to give them the best possible opportunity to be successful in the rigorous learning environment of the Health Sciences Professions. The knowledge, skills and attitudes developed, will enable students to become lifelong learners. This may lead to motivate students to develop and use their potential in the years to come.

## **2. WHAT IS LIFELONG LEARNING SKILLS?**

**Lifelong learning** can be described as the "ongoing, voluntary, and self-motivated" pursuit of knowledge for either personal or professional reasons. Therefore, it not only enhances social inclusion, active citizenship and personal development, but also competitiveness and employability.