

Never Too Old To Learn

Dr Rosemary Khoo, President, NUS Senior Alumni

Why Life Long Learning?

Because Life's journey is one of learning.

Learning

- Learning is innate.
- Cultivate this quality early
- A lifelong asset is the desire to learn

Learning Journey

- Childhood
- School
- College
- Work
- Retirement

At every stage except during very early childhood, learning is job-oriented

Two Types of Life Long Learning

For job and career

- Singapore Workforce Development Agency (WDA) for adult learning -
Institute for Adult Learning (IAL) in The Lifelong Learning Institute Campus..
- Skills Future

For a richer meaningful life

Programmes

- more intellectual and mental, than physical
University of the Third Age (U3A) type programmes
- older persons-driven
- look outwards to the community

Two Basic Variations of U3A:

1. The “French” model, which is university-based.
2. The “English” model - depends on efforts of volunteers who are both “teachers” and “students

It's About Time!

- There are 450,000 citizens over 65 years
- We acknowledge contributions of older persons who are being recognized for their role in nation-building. eg Pioneer Generation Package!
- Savings in health expenditures by preventing problems arising from 4 Ds - Disconnectedness, Depression, Disease and Dementia.



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Sandra C Segaram, Vice-President
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Tea & Chat

Organised by NUS Senior Alumni
on every last Thursday of the month

Please register with Joyce Wee
joycewee@hotmail.com

a cup of tea,
a chat with a speaker



APRIL 2013

MR WEE SIN TOH

Mindfulness: What's the Buzz All About?



MAY 2013

Dr WONG HEE ONG

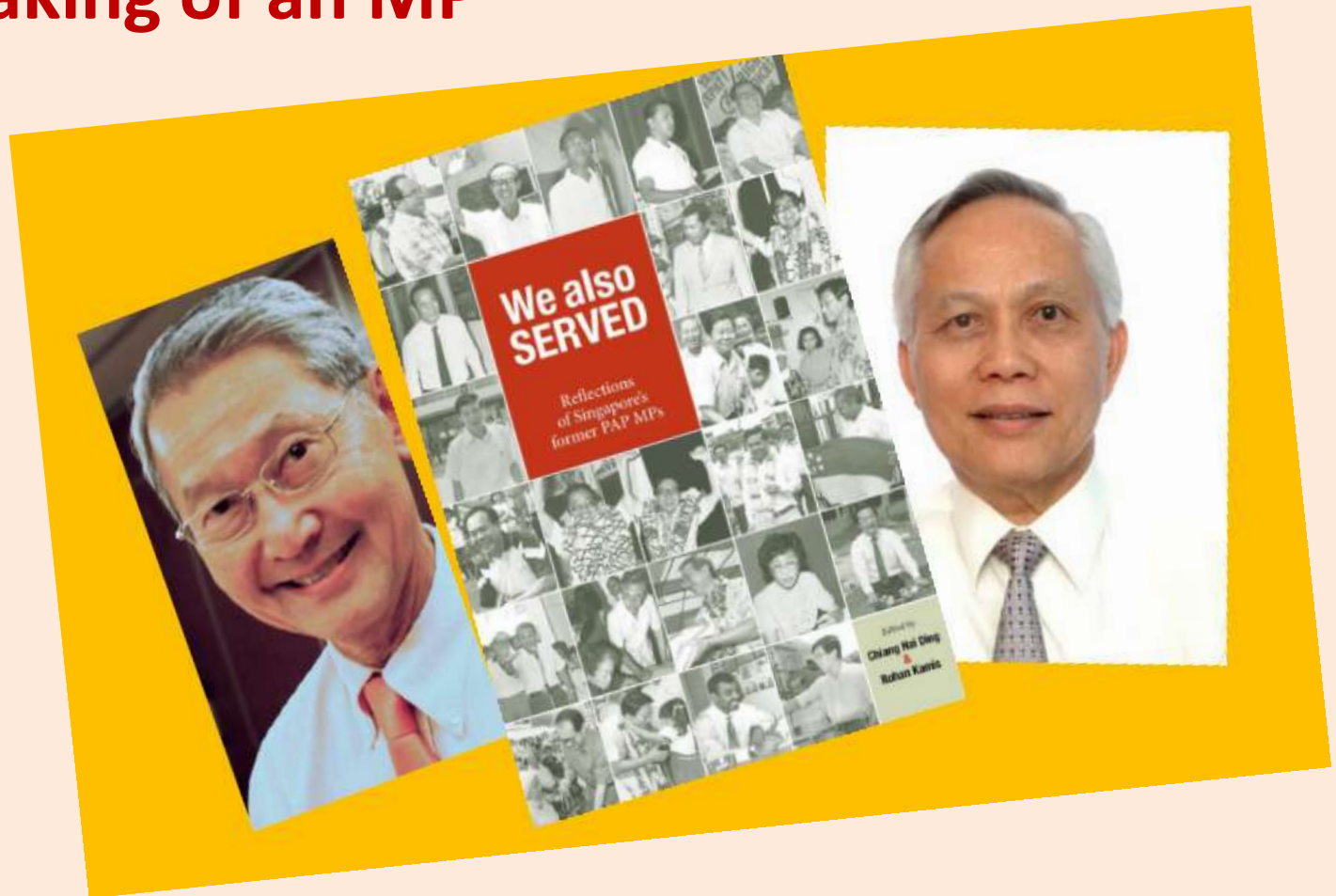
Patients' Rights and Responsibilities



JULY 2014

DR CHIANG HAI DING & MR ROHAN KAMIS

The Making of an MP



JUNE 2013

DR JOHN S H TAY

Born Gay?



MAY 2014



PROF KUA EE HEOK

**Memory and Mood –
It's all in the MInd**

SEPTEMBER 2014
DR PHILIP WONG

**Science and Technology
for Helping Heart Patients**



Embracing Technology

The internet

C3A website, RSVP. WINGS, SACE

Coursera - offers free online courses with best universities

Learning for the Fourth Age

We need to address the issue of frailty.

A systemic holistic approach to learning
from birth to death

*'Live as if you were to die tomorrow.
Learn as if you were to live forever.'*

Mahatma Gandhi

Minister Heng Swee Keat

May 10 2013



“**...life-long learning** is something which I believe in deeply and one of the changes I am hoping to make in education is that all our students leaving school have the seed of **life-long learning** planted in them, and that the seed will grow as they grow.

...Life-long learning will be an integral part of life, which will enable them to navigate the world, whether it be their career or to have a richer and more meaningful life.’