



**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
<b>Didactic Unit 1. Lifelong learning</b>	basic definitions: notion of LLL; participation in LLL across EU; national and EU policy context;	<b>1 hour</b>
	LLL for adults: formal and informal continuous learning;	
<b>Didactic Unit 2. Skills for effective lifelong learning (skills in the affective domain)</b>	recognize the need lifelong learning;	<b>3 hours</b>
	formulate a systematic approach to learning;	
	set your learning goals;	
	plan for and monitor achieving learning goals (time management); reflecting on learning process;	
<b>Didactic Unit 3. Skills for effective lifelong learning (skills in the cognitive domain.)</b>	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;	<b>5 hours</b>
<b>Didactic Unit 4. Practical application of lifelong learning skills</b>	occupational awareness and new skills;	<b>5 hours</b>
	job search (job application, interview);	
	acquired skills for improving career opportunities;	
	acquired skills for formulating future learning goals;	
<b>Didactic Unit 5. Motivation to learn</b>	stereotypes about LLL;	<b>2 hours</b>
	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:

