



Never Stop Learning

What's the secret to nurturing a healthy and active mind as you age? Never stop learning! Learning isn't just for the classroom; technology allows you to learn about a variety of subjects from the comfort of your couch. Here are several free and low-cost ways to continue your education outside of the classroom.

Coursera (coursera.org) is an Internet-based education platform that allows people to take classes for free. It partners with universities and organizations around the globe to offer students courses in a range of subjects including the arts, economics, physics and more. Courses last several weeks and allow students to work at their own pace. Students can also elect to take courses within a signature track discipline and receive a verified certificate when they complete the program, for a fee.

EdX (edx.org) is another growing massive open online course (MOOC) education platform. As with other MOOCs, students can earn certificates for the courses they take for a fee, or audit the classes for free. Courses are divided into different levels, including high school and professional education courses, and are offered by universities around the world.

Udemy (udemy.com) is similar to MOOCs in that it offers a variety of courses online. However, unlike the other MOOCs, the courses aren't tied to global universities and are taught by professionals in the field of study. Students are typically looking to increase their job-related skills instead of looking to fulfill college credits. Udemy offers both free and fee-based courses that allow you to work at your own pace.

Craving more structure? Check out courses offered by your local university or college. Courses are offered each term, both on campus and online.



Learn for Free

YouTube EDU (youtube.com/edu) features a large inventory of educational videos from a variety of sources, including universities and popular websites. Watch lectures and videos about astronomy, business, philosophy, mathematics and more. If a particular area of study interests you, subscribe to its channel so that you'll never miss an interesting video.

TED Talks (ted.com) have gained popularity over the last few years; however, TED began in 1984 and stands for Technology, Entertainment and Design. It's a global community where new and interesting ideas are exchanged through short talks given by leading experts and professionals. Topics range from science and technology explanations to how to be happier.

iTunes U® (*Free for iOS*) features a variety of courses, lectures, etc. from leading universities for free or a small fee. If you see a course that interests you, subscribe to it and the content will load into your iTunes library automatically.



Got a long commute?

Download a podcast from iTunes. Learn a language, get the scoop on historical and current events or get tips to help you sharpen your business acumen.



5 Benefits of Lifelong Learning

1. **Learn** something new.
2. **See things** from a new perspective.
3. **Expand** your skills.
4. **Discover** new talents.
5. **Get inspired.**