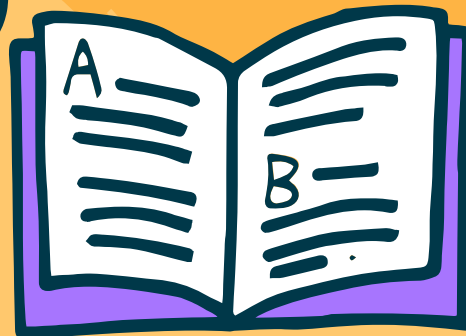


สนุกกับภาษา

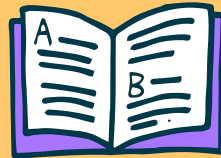
Lifelong Learning (2)





# What is lifelong learning and why is it important?

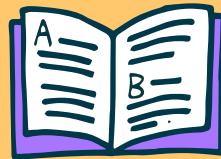
Lifelong learning refers to the process of gaining knowledge and learning new skills throughout your life.





# What is lifelong learning and why is it important?

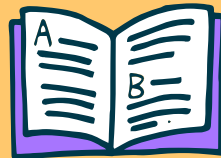
Lifelong learning is about creating and maintaining a positive attitude to learning both for personal and professional development.





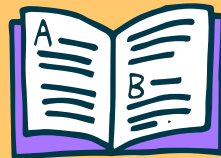
# What is lifelong learning and why is it important?

Lifelong learning can enhance our understanding of the world around us, provide us with more and better opportunities and improve our quality of life.





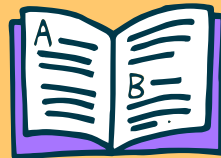
Learning happens all the time.  
Active learners    Self-directed  
Self-motivated    Self-sustainability  
Personal and Professional Development





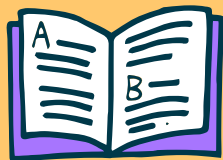
Many great educators have said many great things about the importance of lifelong learning skills. **John Dewey**, however, probably said it best:

“Education is not preparation for life; education is life itself.”





- Set learning goals.
- Things you can do to help you learn better: work out; meditate; sleep; eat; drink water.
- Learning is fun and enjoyable.
- Learning a new language, a new sport or activity.





# SUSTAINABLE DEVELOPMENT GOALS



SUSTAINABLE DEVELOPMENT GOALS 1 NO POVERTY

**DONATE WHAT YOU DON'T USE.**  
More than 700 million people still live in extreme poverty.

Goal 1: No Poverty

SUSTAINABLE DEVELOPMENT GOALS 2 ZERO HUNGER

**WASTE LESS FOOD AND SUPPORT LOCAL FARMERS.**  
A third of the world's food is wasted, yet 821 million people are undernourished.

Goal 2: Zero Hunger

SUSTAINABLE DEVELOPMENT GOALS 3 GOOD HEALTH AND WELL-BEING

**VACCINATE YOUR FAMILY.**  
Vaccinations resulted in an 80% drop in measles deaths between 2000 and 2017.

Goal 3: Good Health and Well-Being

Activate Windows







# SUSTAINABLE DEVELOPMENT GOALS




SUSTAINABLE DEVELOPMENT GOALS 4 QUALITY EDUCATION



**HELP EDUCATE THE CHILDREN IN YOUR COMMUNITY.**  
617 million children and adolescents lack minimum proficiency in reading and mathematics.

Goal 4: Quality Education


SUSTAINABLE DEVELOPMENT GOALS 5 GENDER EQUALITY



**EMPOWER WOMEN AND GIRLS AND ENSURE THEIR EQUAL RIGHTS.**  
1 in 3 women has experienced physical and/or sexual violence.

Goal 5: Gender Equality

SUSTAINABLE DEVELOPMENT GOALS 6 CLEAN WATER AND SANITATION



**AVOID WASTING WATER.**  
Water scarcity affects more than 40% of the world's population.

Goal 6: Clean Water and Sanitation





# SUSTAINABLE DEVELOPMENT GOALS




SUSTAINABLE DEVELOPMENT GOALS 7 AFFORDABLE AND CLEAN ENERGY



**USE ONLY ENERGY-EFFICIENT APPLIANCES AND LIGHT BULBS.**  
Three billion people still lack clean cooking fuels and technologies.

**Goal 7: Affordable and Clean Energy**

SUSTAINABLE DEVELOPMENT GOALS 8 DECENT WORK AND ECONOMIC GROWTH



**CREATE JOB OPPORTUNITIES FOR YOUTH.**  
One-fifth of young people are not in education, employment or training.

**Goal 8: Decent Work and Economic Growth**

SUSTAINABLE DEVELOPMENT GOALS 9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



**FUND PROJECTS THAT PROVIDE BASIC INFRASTRUCTURE.**  
Roads, water, sanitation and electricity remain scarce in many developing countries.

**Goal 9: Industry, Innovation, and Infrastructure**






# SUSTAINABLE DEVELOPMENT GOALS




SUSTAINABLE DEVELOPMENT GOALS 10 REDUCED INEQUALITIES



**SUPPORT THE MARGINALIZED AND DISADVANTAGED.**  
The poorest 40% of the population earn less than 25% of global income.

Goal 10: Reduced Inequalities


SUSTAINABLE DEVELOPMENT GOALS 11 SUSTAINABLE CITIES AND COMMUNITIES



**BIKE, WALK OR USE PUBLIC TRANSPORTATION.**  
9 out of 10 urban residents breathe polluted air.

Goal 11: Sustainable Cities and Communities

SUSTAINABLE DEVELOPMENT GOALS 12 RESPONSIBLE CONSUMPTION AND PRODUCTION



**RECYCLE PAPER, PLASTIC, GLASS AND ALUMINIUM.**  
By 2050, the equivalent of almost three planets could be required to sustain current lifestyles.

Goal 12: Responsible Consumption and Production





# SUSTAINABLE DEVELOPMENT GOALS




SUSTAINABLE DEVELOPMENT GOALS 13 CLIMATE ACTION



**ACT NOW TO STOP GLOBAL WARMING.**  
Global emissions of carbon dioxide (CO2) have increased by almost 50% since 1990.

**Goal 13: Climate Action**

SUSTAINABLE DEVELOPMENT GOALS 14 LIFE BELOW WATER



**AVOID PLASTIC BAGS TO KEEP THE OCEANS CLEAN.**  
Over three billion people depend on marine and coastal biodiversity for their livelihoods.

**Goal 14: Life Below Water**

SUSTAINABLE DEVELOPMENT GOALS 15 LIFE ON LAND



**PLANT A TREE AND HELP PROTECT THE ENVIRONMENT.**  
Forests are home to more than 80% of all terrestrial species of animals, plants and insects.

**Goal 15: Life on Land**





# SUSTAINABLE DEVELOPMENT GOALS




SUSTAINABLE DEVELOPMENT GOALS 16 PEACE, JUSTICE AND STRONG INSTITUTIONS



**STAND UP FOR HUMAN RIGHTS.**  
In 2018, the number of people fleeing war, persecution and conflict exceeded 70 million.

**Goal 16: Peace, Justice and Strong Institutions**

SUSTAINABLE DEVELOPMENT GOALS 17 PARTNERSHIPS FOR THE GOALS



**LOBBY YOUR GOVERNMENT TO BOOST DEVELOPMENT FINANCING.**  
Achieving the SDGs could open up US\$12 trillion of market opportunities and create 380 million new jobs by 2030

**Goal 17: Partnerships**







LIFE > SOCIAL & LIFESTYLE

# Tradition wins out

Continuing our Female Leadership series, Life spoke with Prayadpon Kaewnornin and her sister Maliwan Sarapat in Sakon Nakhon after Prayadpon's recent win in a national jasmine rice contest

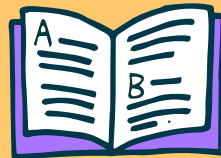
PUBLISHED : 11 JAN 2021 AT 04:30

NEWSPAPER SECTION: LIFE WRITER: KARNJANA KARNJANATAWE





- Khao hang or khao hom thong is registered as a **geographical indication (GI) rice** of Sakon Nakhon. It is formally known as **khao hang sakon thawapi**.
- <https://www.bangkokpost.com/life/social-and-lifestyle/2048919/tradition-wins-out>







← → ↻ 🔒 <https://www.goodnet.org/articles/this-8yearold-girls-mission-to-give-away-2-million-books>

 Daddy + Daughter + Books = Magic ⌚ Watch later ➦ Share



*This 8-year-old Girl's Mission is to Give Away 2 Million Books | Selah Thompson shares her love of reading and even creates her own series.*





# This 8-year-old Girl's Mission is to Give Away 2 Million Books

Selah Thompson shares her love of reading and even creates her own series.

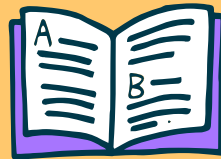
Jan 11, 2021

200  
VIEWS



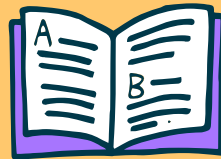


- Books have the power to transport you to another place and make you feel like you are part of the story.
- <https://www.goodnet.org/articles/this-8yearold-girls-mission-to-give-away-2-million-books>



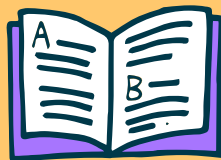


- A love of reading should be developed at a young age so children can see books as something magical.
- <https://www.goodnet.org/articles/this-8yearold-girls-mission-to-give-away-2-million-books>





- That's the gift that 8-year-old Sela Thompson from Atlanta, Georgia, received from her parents and wants to pass on to other children.
- <https://www.goodnet.org/articles/this-8yearold-girls-mission-to-give-away-2-million-books>







PEOPLE

# Creative Capital: The harpist who specialises in publishing educational children's books

BY AUN KOH | 16 JAN 2021 | 

27-year-old Singaporean Laura Peh wants to make an impact on future generations while incorporating her background in music, art history and business.

Activate V  
Go to Setting





15 Jan 2021 12:33AM  
(Updated: 15 Jan 2021 12:40AM)



Bookmark



Climate Change

## World facing 'catastrophic' temperature rises: UN



Activate Windows  
Go to Settings to







HEALTH & LIFESTYLE

January 25, 2021

# These Work Skills Are Most Important During Pandemic and After

Share



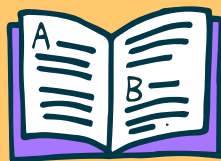
See comments

Print



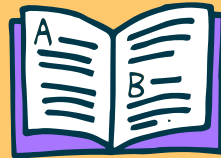


- The **coronavirus pandemic** shows no signs of slowing down in many places around the world. So, many people who usually work in offices continue to **work from home**.
- <https://learningenglish.voanews.com/a/these-work-skills-are-most-important-during-pandemic-and-after/5746652.html>





- **Soft skills**, experts explain, are not about the knowledge you have. Instead, they control how you act in different situations – both on your own and with others. When dealing with other people, soft skills are sometimes called **interpersonal skills**.
- <https://learningenglish.voanews.com/a/these-work-skills-are-most-important-during-pandemic-and-after/5746652.html>



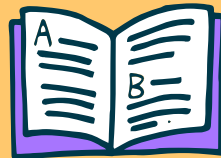


- When asked to name the most important soft skills of their top-performing employees, the managers listed these five soft skills:

1. Problem-solving

2. Effective communication skills

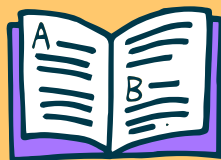
- <https://learningenglish.voanews.com/a/these-work-skills-are-most-important-during-pandemic-and-after/5746652.html>





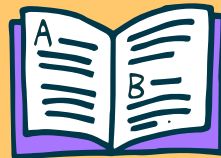
3. **Self-direction** (being able to work effectively on your own)
4. **Drive** (a strong, natural to do well)
5. **Adaptability & Flexibility** (the ability to work well in changing situations)

- <https://learningenglish.voanews.com/a/these-work-skills-are-most-important-during-pandemic-and-after/5746652.html>



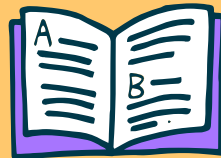


- Soft skills are part of a person's EQ, or "emotional quotient." While IQ is a measure of a person's "intelligence quotient," EQ is a measure of a person's emotional intelligence.
- <https://learningenglish.voanews.com/a/these-work-skills-are-most-important-during-pandemic-and-after/5746652.html>





- “Soft skills are the glue that holds organizations together through times of crisis, like this, but also beyond. And so I really think that soft skill sets are really important now and I think that they are only going to grow in importance **post pandemic.**”
- <https://learningenglish.voanews.com/a/these-work-skills-are-most-important-during-pandemic-and-after/5746652.html>









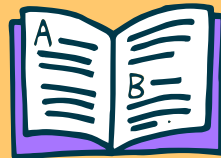
CNA Insider

# Can Ganga be saved? What must be done to clean up India's holy river?



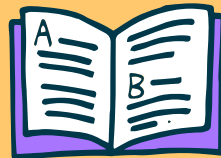


- Also known as the Ganges, it is one of the foundations of Indian civilisation but has since been tarnished by pollution and filth.
- The programme Insight looks at the fight to restore the river to its former glory.
- <https://www.channelnewsasia.com/news/cnainsider/can-ganga-ganges-be-saved-what-clean-india-holy-river-pollution-14206220>





- DELHI: Fisherman Rambabu Sahani remembers his childhood days when the Ganga River used to be clear and fit for drinking.
- <https://www.channelnewsasia.com/news/cnainsider/can-ganga-ganges-be-saved-what-clean-india-holy-river-pollution-14206220>





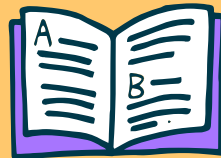
- **Ways to Stay Optimistic During Lockdown**

**Have a daily routine.**

**Maintain social contact.**

**Practice gratitude.**

**Soak up sunshine.**



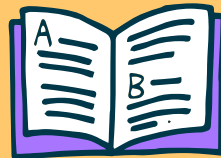


- **Ways to Stay Optimistic During Lockdown**

**Do the things you love.**

**Maintain a good work / life balance.**

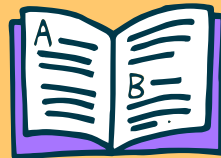
**Read good news.**





“May all readers be blessed with pure perseverance, sharp wisdom and complete physical health.”

energy, effort, exertion, perseverance,  
Right Effort (สัมมาวายามะ)





มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร

คณะศิลปศาสตร์

เลขที่ 86 ถนนพิษณุโลก แขวงสวนจิตรลดา เขตดุสิต

กรุงเทพฯ 10300

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