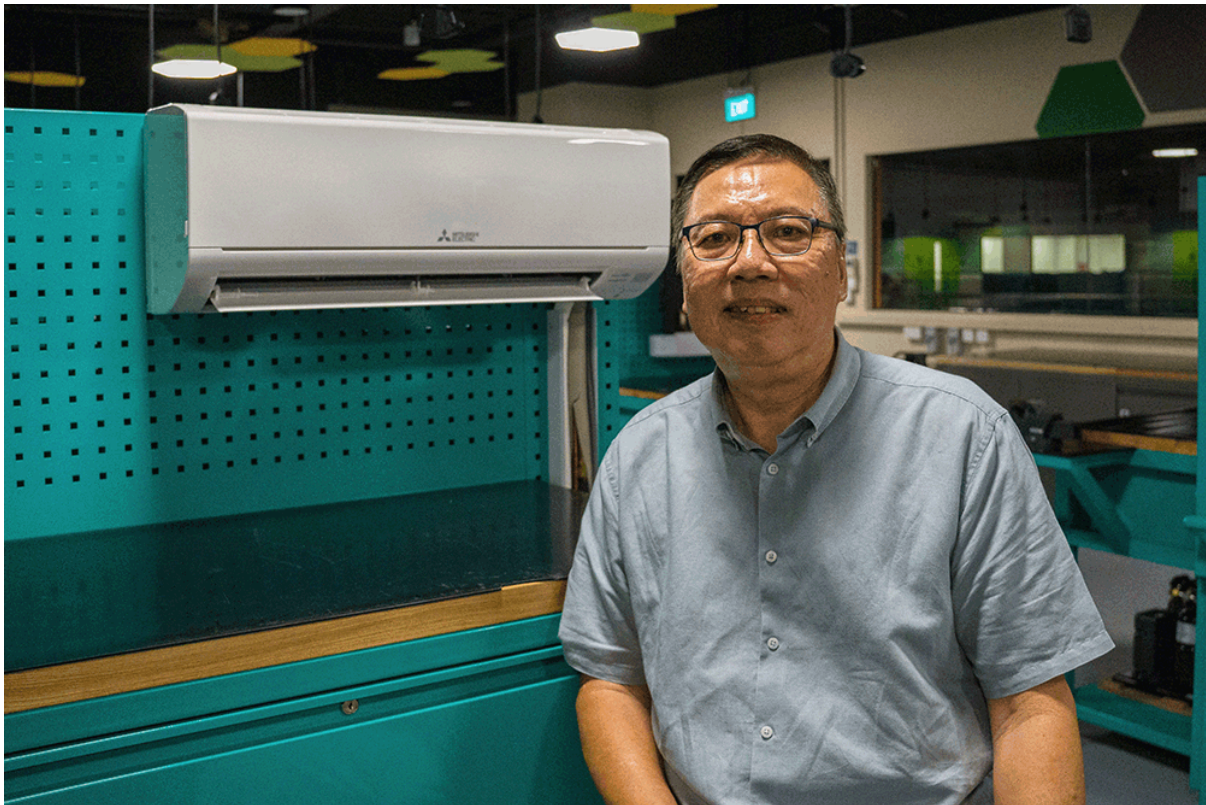


## Pursuing Knowledge for Self-Improvement



Mr Paul Ng believes that age is no barrier to learning and personal growth. The 64-year-old former Customer Support Manager recently attended the "Basic Maintenance for Home Split Unit" course offered by the Institute of Technical Education (ITE), a training partner of the National Silver Academy (NSA). We had the pleasure of meeting him to discuss his motivation, experiences, and plans for continued learning.

When asked about his motivation for taking up this course in his sixties, Mr Ng shared that it was driven by a desire for knowledge and self-improvement. He believes that continuous learning is key to personal growth and development, regardless of age.

Mr Ng saw great value in the knowledge gained from the course, especially in practical applications. He shared, "With the knowledge gained, I am able to apply it in my home." He can now handle basic air-con maintenance for his domestic air-conditioning system, ensuring comfort for all at home.

### **Overcoming Challenges with a Positive Mindset**

Like any learning journey, Mr Ng encountered challenges during the course. However, he adopted a positive mindset and focused on his goal, which was to gain new knowledge. This enabled him to overcome the obstacles and derive greater satisfaction from the learning process.

### **Encouraging Seniors to Embrace Lifelong Learning**

Mr Ng is not stopping at one course. He has already enrolled in the next one, an Electrical Maintenance (Beginner) course which is also conducted at ITE and subsidised by the NSA.

To encourage other seniors to continue learning beyond retirement, Mr Ng's advice is to consider the benefits gained by staying active through learning. To Mr Ng, continuous education not only enriches one's life, but also opens up new possibilities and opportunities.

Mr Ng's positive outlook serves as a reminder that with the right mindset, ageing can be a fulfilling and enriching experience.

"Ageing well means embracing change, adapting to new challenges, and continuing to pursue personal growth and happiness throughout life." Mr Paul Ng