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What Kind of Education Should You Get for Today's Market

By Susan Dunn

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Psychology, The EQ Coach

Wrong question to ask. It's way too short-sighted.

Why? Because today's market is just that --- today's market, and because your life is more than your pay check and you are more than your work.

Education seems aimed at specific goals, often relating to work, and that's a good thing. But let's look at learning, learning for the joy of learning, because life is more than work and you are more than your job. (Balance.)

When I was in high school, I asked my father why I had to learn Latin. I saw no earthly purpose in learning Latin. But then I saw no earthly purpose in learning algebra, or geology, or actually even in high school.

He replied, "For your own edification."

I got the drift - "for my own good" - but never really looked the word up. Seemed like a lot of the things I didn't want to do those days, like get 8 hours sleep, eat breakfast, make my bed, and practice the piano, were "for my own good."

Well, here's what it means,

Main Entry: ed·i·fy. Etymology: Middle English from Late Latin aedificare to instruct or improve spiritually, from Latin, to erect a house, from aedes temple, house.

1 : archaic a : BUILD b : ESTABLISH

2 : to instruct and improve especially in moral and religious knowledge; also : ENLIGHTEN, INFORM.

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So there you have it. You're building a foundation, constructing a temple, enlightening yourself. You're improving yourself - perhaps in spirit, character or even soul. For which, of course, there is no price.

"The advantage of a classical education," said Russell Green, "is that it enables you to despise the wealth that it prevents you from achieving."

Now here's the question -- Are you educating yourself only in order to make money, or are you learning in order to build a foundation for your life?

Your work is only part of your life. It's smart to get an education that enables you to earn a living, but why stop there? Why starve at a smorgasbord?

Studies show that the trajectory of those who die in their 5th and 6th decade is school, then work, then retirement. (Siebert) Lifelong learning, on the other hand, builds resilience and contributes to wellness

and long life. Furthermore, I contend, it's a life you'll enjoy living longer. Jobs come and go, as do careers, and people. Learning ... is forever.

Learning, says David Christensen in his book "Inner Victory," is a thirst to know more, to know better ways, to know why."

"You must learn day by day, year by year to broaden your horizon," said Ethel Barrymore. "The more things you love, the more you are interested in, the more you enjoy, the more you are indignant about, the more you have left when anything happens."

Getting an education: \$100,000

Getting a promotion: \$40,000

Learning: Priceless

P.S. Thanks, Dad! About this -- and so many other things -- you were right. Res ipse loquitur.

©Susan Dunn, MA Clinical Psychology, The EQ Coach, <http://www.susandunn.cc> , here to assist, inspire, support and transform your experience of yourself, your life, your relationships, your career and your world through the magic of emotional intelligence competencies (EQ). Take The EQ Foundation Course to get started. [Mailto:sdunn@susandunn.cc](mailto:sdunn@susandunn.cc) for FREE ezines. 210-496-0678.

Continuing Education for Nurses

By Hanif Khaki

The following article relates not only to nurses but also to those aspiring to enter the noble profession of nursing. We hope you will get some insight into this field.

Although we have used the female reference for nurses throughout this article ("she", "her"), this is

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done purely for convenience and in no way reflects the gender status of nurses in today's society.

Most people assume that once a nurse has completed her education and has become registered, that is the "end" and that no more learning or education is required. This couldn't be further from the truth. There's more to nursing than just tending and looking after patients.

It is highly critical that a nurse maintain and continue her ongoing education and is kept current on her profession. This is an integral part of maintaining her registration.

A nurse's life in the 21st century is extremely fast paced. There are medical advances in procedures almost on a daily basis and it is essential that a nurse is kept abreast and is at the forefront of these improvements. This requires a high level of time management and dedication to improve oneself in addition to spending long hours in clinics and hospitals. Of course this is much easier said than done.

It is in the best interests of a good hospital to provide everything needed for nurses to continue their education. A good hospital will also more than likely pay for the education of their nurses. A lack of funds should not be a deterrent to a nurse continuing her education.

Many nurses regularly subscribe to nursing periodicals and magazines to keep up to date with their ongoing education.. Nurses are encouraged to go through the relevant published journals on a regular basis.

Of course let's not forget that just as important to success is the keeping of portfolios and timely documentation detailing all the training and education received throughout the nursing career. This written journal also serves as a method of organizing in an orderly manner, all the continuing education undertaken.

Admittedly, there exists a challenge with regards to access to this education for nurses, namely the expense, since nursing is still not considered to be among the better paid professions. This challenge to accessibility can perhaps be met by employers coming forward and funding the continuing education of registered nurses.

Please be sure to check out the many additional resources available on this topic online.

Hanif Khaki is the acclaimed author of numerous health related articles and the founder of the popular nursing site



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