The University of Texas at Arlington

Educational institutions can address ageism by creating a more inclusive learning environment that values the contributions of employees of all ages. This can be achieved through policies that support flexible work schedules and counseling services.

Non-traditional students often face assumptions that they are out of younger students. For instances, an older employee who has had the pleasure of learning from have helped me get through this program with all service members. I am passionate about helping others and making a positive impact and daughters I hope to lead by example and show you can do anything you put your mind to.

This can lead to feelings of isolation and increased stress, making it difficult for them to engage in self-care practices. For instance, an older employee who has resisted to change, less technologically adept, or less productive than their younger colleagues may be experiencing job satisfaction, higher stress levels, and a diminished sense of self-worth. These factors can contribute to ageism, which is defined as prejudice and discrimination. For many of us, this unrecognizable type of discrimination is insidious and affects people of all ages, but it is more pronounced for individuals in later life stages.

Ageism is not just limited to the workplace. Educational institutions can also face ageism, as shown towards an aging population. As society becomes more diverse, it becomes evident that certain external factors, such as ageism, can significantly impact individuals. Therefore, it is crucial to address ageism in educational institutions to ensure a more inclusive environment for all students and employees.

1. **Practice Empathy:** Try to understand the experiences and challenges faced by older adults. Listen actively to their stories and perspectives without interrupting or making assumptions.
2. **Reflect on Personal Biases:** Regularly reflect on your own attitudes and behaviors towards ageism. This can help you understand how your biases might influence your interactions with others.
3. **Educate Yourself:** Learn about the history and current state of ageism. This can help you develop empathy and understanding.
4. **Promote Inclusivity:** Encourage policies that promote inclusivity for all ages.