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FIVE IMPORTANT TIPS TO HELP NOVICE
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IN WORK AND LIFE IN SOCIETY: A RELIGIOS PERSPECTIVE

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Postgraduate education is an individual's desire to obtain the highest level of education required to meet career requirements in a field, such as education, self-satisfaction, personal-interest demands, or as a filling in lifelong learning (Graham, 2015). Interestingly, postgraduate education focuses on research and the deeper application of theory into practice, and personal involvement in research is required. However, postgraduate education after the age of 40 is extremely difficult and, for some, a nightmare. Current career commitments, family obligations, health, and the financial costs of studies are among the challenges that arise (Pyh et al., 2012). As a matter of fact, despite a lack of confidence in returning to the world of learning, most people in this age group choose postgraduate education for a satisfying and beneficial experience.

Individuals over the age of 40 are advised to take note of the following strategies for overcoming obstacles in pursuing postgraduate education.

1. Plan carefully during the study period and prioritise time each semester to be actively involved.
2. Ensure that academic demands are balanced with work and family responsibilities to achieve a healthy work-life balance.
3. Develop comprehensive planning and contingency plans. For example, you may need to reduce your working hours; therefore, talk to the head of the department. In addition, household responsibilities should be scheduled based on needs and discussed with your partner. Hire helpers if needed to help lighten your load during your study period, especially if you have a baby or toddler.
4. Make use of flexible or online-learning opportunities. Utilise flexible and online-learning options. Online sessions enable the elimination of study distance gaps and the provision of classes and support from professors or academic advisers, colleagues or family members, and classmates, thereby facilitating communication with other students pursuing a postgraduate degree. Nevertheless, it is acknowledged that there are numerous benefits of pursuing postgraduate

education later in life. Among them, it can lead to new-career opportunities and can also help in increasing existing income. Thus, the fields of medicine, education, and law usually require a postgraduate degree to meet service requirements. In addition, postgraduate education is also special for individuals who want personal satisfaction through unique intellectual stimulation (Amani et al., 2022). Indirectly, it can provide a platform and opportunity to develop skills, improve knowledge, conduct research, and further academic advancement.

According to the preceding discussion, pursuing postgraduate education after the age of 40 is difficult, but it can also be a life-changing experience. Despite the difficulty of balancing academic requirements with personal and professional commitments, the potential for new-career opportunities, personal satisfaction, higher-earning potential, and intellectual stimulation make it worthwhile. Individuals over the age of 40 can overcome these obstacles and achieve their academic and professional objectives with the aid of well-organised time management, family, department, and friend support. Ultimately, it is still possible to invest in yourself and pursue your dreams. Education beyond the undergraduate level can be a key to opening a new chapter and helping you to realise your full potential.

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Conquering the Age Barrier: PURSUING POSTGRADUATE EDUCATION AFTER 40 YEARS OLD

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