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This research, published in *New Ideas of Psychology*, polled 917 people aged 14–77 to determine how the relationship between passion, grit and a positive mindset changes as we age. It found that passion and grit are strongly correlated early in life and that young people will go the distance to achieve their dreams. The research found that this faded as we got older.

CEO Sam Mauger said, “We were interested to read this new research which found your passion to try new things fades away after the age of 54.

We are so pleased to say that this is not the lived experience of the 450,000 members of U3A. Across the movement, our members are making the most of their later life and choosing to continue their creative, educational or social interests in a friendly and encouraging atmosphere. There’s no doubt that our members still have the get up and go to keep learning new things. From Walking to Talking, Philosophy to Psychology - Gardening to Cookery, Current Affairs to Supper Clubs – the choice is endless – and the interests are decided by the members for the members.

At U3A we believe a world of new experiences is open to you in your third age. Our movement is predicated on the value of shared activity and learning where retirement is not an ending but a beginning and age has no impact on the opportunity for you to keep developing your interests and make a positive contribution”.

Dont take our words for it [read what our members say](#)

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