In the latest edition of Esri's ArcUser publication there was an article called <a href="Upgrade Your GIS">Upgrade Your GIS</a>
Skills
. This article

showed how easy it can be to keep up to date with the industry. I found the list of links to be helpful and will use them when wanting more information regarding Esri products and news. Of course to learn about the GIS industry as a whole other resources should also be used.