

From kaggle

You learn

1. You learn a lot of technical skills like using tools, about algorithms, evaluation, manipulation, drawing plots etc...
2. Building a great Resume

You don't learn

1. you waste a lot of time trying to improve the 0.0001 accuracies. In the real world, you don't do that.
2. Mostly you don't learn how to clean raw data. As all kaggle competitions provide clean data.
3. Kaggle competitions focus on a single performance metric. But in the real world, you need to focus on speed, cost, deployment, scalability etc...
4. Analysis skills, Deployment skills and soft skills.