

# UAB LEARNDEVWHISPER

*A Weekly Publication of Learning*

## New Year, New You

Did you make a New Year's resolution? How about making one that makes **significant changes** in your professional career!

LinkedIn Learning for UAB is a free e-learning platform with more than 16,000 just-in-time videos and courses.

If you devote at least five minutes to learning during your work day, that's 25 minutes each week to learn a new topic or skill!

### CALL TO ACTION:

- Commit to learning at least five minutes a day this year.
- Get an accountability partner. Challenge a co-worker to make this commitment.
- Start with the list of videos below. If you finish watching all five, send us an e-mail. We'll send you a special certificate — **Becoming a Lifelong Learner.**

### KEEP ON LEARNING\*

- ▶ [Skills for Learning](#) (3m 26s)
- ▶ [Create an Inventory of What You Have Learned](#) (3m 15s)
- ▶ [How to Grow as a Learner](#) (3m 41s)
- ▶ [How to Use Goals to Change Behavior](#) (3m 13s)
- ▶ [Prioritize Learning Opportunities](#) (3m 7s)

*\*Benefits-eligible UAB, VIVA Health, Callahan, UABHS and HSF employees have free access to LinkedIn Learning platform. If you have questions, please email [campuslearning@uab.edu](mailto:campuslearning@uab.edu).*

*Please Note: When watching a LinkedIn Learning course/video, read the sign-in dialogue boxes carefully.*