

# Self-Paced Learning Journey

Learn the skills to effectively work with refugees during the resettlement process by completing these recommended CORE self-paced courses in the order listed. You can track your course completions and takeaways below. Navigate to [\*\*CORE's Learning Platform\*\*](#) to complete these courses.

## **REQUIRED: Cultural Orientation Defined (45 mins)**

Understand why it is important for any individual working in resettlement to know the CO O&Is, and how everyone works together to support the CO Continuum.

## **Cognitive Load and How to Manage It (20 mins)**

Identify strategies to manage the large amount of information refugees are required to learn and understand during their resettlement to the U.S.

## **Adult Learning Principles in CO (20 mins)**

Learn the skills to design effective CO sessions that respect your participants and keep them engaged throughout the session.

## **Student-Centered vs. Teacher-Centered Learning (20 mins)**

Apply strategies that empower refugees to take control of their own learning.

## **Taking a Strengths-Based Approach (20 mins)**

Learn how to improve refugees' abilities to achieve self-sufficiency with strategies that focus on refugees' strengths and not their deficits.

## **Navigating Identity and Inclusion in Refugee Resettlement (60 mins)**

Learn how to deliver inclusive CO that respects refugees of all backgrounds.

## **Creating a Positive Learning Environment (20 mins)**

Apply the principles of a positive learning environment that builds trust and respect, as well as addresses the many common challenges of CO delivery.