

# 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.

## **Principles of Teaching Self-Paced Courses**

While you are familiar with CO delivery, you may lack knowledge on how adults learn best. Enhance your CO sessions with researched learning methodologies. CORE recommends you take at least two, if not all, of the below courses.

- **Cognitive Load and How to Manage it (20 mins)**
- **Adult Learning Principles in CO (20 mins)**
- **Student-Centered vs. Teacher-Centered Learning (20 mins)**
- **Taking a Strengths-Based Approach (20 mins)**

## **Managing Common Challenges of CO Delivery (30 mins)**

Learn techniques to address the common challenges that arise during CO delivery, including time management, attendance, and engagement.

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

Identify strategies to deliver inclusive CO that respects refugees of all backgrounds.

## **Integrating Digital Technology Into Cultural Orientation (60 min)**

Learn the skills and strategies to incorporate digital technology into CO sessions.