

## ***Build Your Professional Development Skills via LOC Learn***

*Build Core Competencies via LOC Learn* is a series of development tools that map virtual learning resources to the Library's core competencies. This week's competency is "Your Professional Development." We encourage you to take this opportunity to refresh your skills and abilities, focus on developing yourself, and share these resources with a friend or coworker. Select a learning resource below:

<b>Online Learning Resource</b>	<b>Resource Type, Duration</b>	<b>Speaker</b>	<b>What you will learn:</b>
<a href="#"><u>Making Time for Self Development</u></a>	Video, 2 minutes	Behnam Tabrizi	People who take time for self-development see improvements in their personal relations and job performance. Take half an hour each day to read, talk, or otherwise be inspired. Treat these activities as daily rituals.
<a href="#"><u>Developing a Plan to Further Your Career</u></a>	Course, 28 minutes	N/A	The whole notion of what a career is has changed. You are now responsible for managing your career. In this course, you'll learn how to take an inventory of your values, interests, skills, and lifestyle aspirations in order to develop your career management skills. Then you'll learn how to pull it all together and develop a career plan based on your attributes and what you want to achieve.
<a href="#"><u>Working with Your Strengths</u></a>	Video, 2 minutes	Laura Goodrich	Strengths come so easy we often overlook them. Recall activities when you "lost yourself." Only 20 percent of people use their strengths daily. If people are doing interesting work and playing to their strengths, they evaluate their work positively 60 percent of the time.
<a href="#"><u>Uncovering and Utilizing Your Talents and Skills</u></a>	Course, 19 minutes	N/A	We all have individual talents and skills that make us unique in some way, but you may not be aware of your own skills, or how to use those skills to improve many areas of your life. In this course, you'll learn what is meant by talent and skill, and why it's important to understand what talents you possess. This course also covers techniques for identifying your unique capabilities, and outlines what you should include in a talent action plan to fully utilize and develop your key talents and skills.
<a href="#"><u>A Kaleidoscope Mindset for Career Mobility</u></a>	Video, 3 minutes	Lynn Cowart	Career mobility is similar to a kaleidoscope in that three major factors combine to make a plethora of options.