

# Learning Guide: Learning to Learn



SkillSoft and Lynda.com have the resources you need to support your learning. With thousands of courses and resources each, it can be overwhelming to figure out where to start. This guide will help you do just that, connecting you with online resources to start your learning.

## Skillsoft



### Videos

[Choosing What and How to Learn](#) (4 minutes)

[[https://universityofcolorado.skillport.com/skillportfe/main.action?path=summary/COURSE\\_TOPIC/bs\\_apd23\\_a01\\_enus\\_t21](https://universityofcolorado.skillport.com/skillportfe/main.action?path=summary/COURSE_TOPIC/bs_apd23_a01_enus_t21)]



### Print Resources

[Elements of Learning](#) (1 page)

[[https://universityofcolorado.skillport.com/skillportfe/main.action?path=summary/RESOURCES/lead\\_08\\_a01\\_bs\\_enus\\_sblead\\_08\\_a01\\_bs\\_enus001007](https://universityofcolorado.skillport.com/skillportfe/main.action?path=summary/RESOURCES/lead_08_a01_bs_enus_sblead_08_a01_bs_enus001007)]



### Courses

[Developing Learning Practices](#) (1 hour)

[[https://universityofcolorado.skillport.com/skillportfe/main.action?path=summary/COURSES/lead\\_08\\_a03\\_bs\\_enus](https://universityofcolorado.skillport.com/skillportfe/main.action?path=summary/COURSES/lead_08_a03_bs_enus)]



### Books

[Neuroscience for Learning and Development: How to Apply Neuroscience and Psychology for Improved Learning and Training](#) (248 pages)

[<https://universityofcolorado.skillport.com/skillportfe/main.action?path=summary/BOOKS/97523>]

## Additional Resources

1. Book: [Unlimited Memory: How to Use Advanced Learning Strategies to Learn Faster, Remember More, and be More Productive](#) by Kevin Horsley (January 2014)  
[[https://www.amazon.com/Unlimited-Memory-Advanced-Strategies-Productive-ebook/dp/B00I3QS1XQ/ref=sr\\_1\\_1\\_sspa?s=books&ie=UTF8&qid=1549567742&sr=1-1-spons&keywords=learning&psc=1](https://www.amazon.com/Unlimited-Memory-Advanced-Strategies-Productive-ebook/dp/B00I3QS1XQ/ref=sr_1_1_sspa?s=books&ie=UTF8&qid=1549567742&sr=1-1-spons&keywords=learning&psc=1)]
2. Book: [The Science of Self-Learning: How to Teach Yourself Anything, Learn More in Less Time, and Direct Your Own Education](#) by Peter Hollins (November 2018). [<https://www.amazon.com/Science-Self-Learning-Yourself-Anything-Education-ebook/dp/B07KKLGYYWF>]

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## Access These Resources

Most of these resources are available to you through SkillSoft and Lynda.com. Find them by using search.

Here is how to access SkillSoft and Lynda.com:

1. Log into your CU campus portal [my.cu.edu] and click on the **CU Resources** tab  
NOTE: Your home screen may be the CU Resources tab.
2. Select **Training**.
3. Select **Start SkillSoft** or **Lynda.com**. The system will open in a separate window.

**Additional Resources** are accompanied with a URL because they are not in SkillSoft or Lynda.com.

For more resources visit: <http://www.cu.edu/eld>