

Quick on the uptake: Microlearning teaches you a new skill. ^[1]

March 23, 2018 by [Employee Services](#) ^[2]

Sitting on the bus on your way home from work? Waiting for an appointment with nothing to do? Have a few spare minutes? Employee Services has developed microlearnings with short, effective lessons that last.

Each guide begins with a self-assessment of your current knowledge. Then, you can watch a short video and follow a plan to apply your newfound knowledge.

Here's a quick overview of available guides:

- **[Learning How to Learn](#)** ^[3] - It may have been a while since you have stepped foot in a classroom/learning environment. Discover how to mentally prepare yourself to learn and be successful at the end.
- **[Setting Goals](#)** ^[4] - Understand the benefits and process of setting achievable, short-term and long-term goals for your professional and personal life.
- **[Feedback](#)** ^[5] - It may be hard to give and receive constructive feedback, whether it's during a high-pressure situation or not. Learn how to handle this delicate subject.

After you have completed the microlearning, enhance your learning journey by taking advantage of the tools available on [Skillsoft](#) ^[6] and [Lynda.com](#) ^[7], located in your [employee portal](#). ^[8]

[Get started](#) ^[9]

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