



TRAININGS

THINK+change TRAININGS are in-person or online, small or large group, targeted educational opportunities on issues that directly impact people with IDD and those who care for and work with them.

Sixty Second Seminars – #60SS

THINK+change's practical, cite sourced (as necessary) microlearning. Microlearning is the process of learning through short, digestible, well-planned units. Microlearning makes the transfer of learning 17% more efficient because bite-sized courses are more focused and retention is easier (Journal of Applied Psychology). Microlearning also creates 50% more engagement as the human brain is not wired to maintain focus for hours on end. The brain learns better when content is delivered in short bursts with courses well-paced to help cement learning (University of California-Irvine study). Microlearning deals with relatively small learning units and short-term learning activities.

MICROLEARNING: BREAK IT DOWN, MIX IT UP



Need to introduce or reinforce ideas? ***Sixty Second Seminars*** do just that. Each microlearning-focused video includes access to a downloadable PDF version of the video's content. Check out our 2017 library of [Sixty Second Seminars](#), which includes the topics of the curb-cut effect, the intersection between disability and medical cannabis, and the special education pipeline to prison.

How might your organization use ***Sixty Second Seminars***?

- Link to them on your website for member/viewer online education
- Use them to host an in-person training
- Include one of the ***Sixty Second Seminars*** PDF's in your newsletter

If you want THINK+change to package ***Sixty Second Seminars*** for your organization to merely implement as a training/training series—contact Jean at jsolis@thearcofaurora.org or 720.213.1420.