

Thirty days to better online learning and professional development

Effective online learning and professional development (PD) require specific skills and attitudes. Support your online learning and PD with technical skills, curiosity, reflection, self-management, well-being, and a continuous improvement model (such as “know, see, do, improve”).



————— Flip the page for the thirty-day calendar challenge! —————

Resources:

[Center on Enhancing Early Learning Outcomes \(CEELO\)](#)

Online training course, *Watch Me! Celebrating Milestones and Sharing Concerns*, helps you fulfill this role by providing tools and best practices for monitoring the development of children in your care and talking about it with their parents. From Centers for Disease Control and Prevention.

Greater Good Magazine, “Science Based Insights for a Meaningful Life,” from UC Berkeley

“Why a Messy Workspace Undermines Your Persistence” by Chae Boyoun and Zhu Rui, *Harvard Business Review*

[Institute of Museum and Library Services](#)

[Online Learning Consortium \(OLC\)](#)

[National Association for the Education of Young Children](#) – online interest forums and online learning communities

“The Power of Believing What You Can Do,” TED Talk by Carol Dweck

“‘Forest bathing’ is latest fitness trend to hit U.S. — ‘Where yoga was 30 years ago’”, by Kim Meeri, *Washington Post*

extension.psu.edu/programs/betterkidcare

Challenge yourself to better online learning and professional development

<p>DAY 1</p> <p>Be "On Demand" ready</p>	<p>DAY 2</p> <p>Be computer ready</p>	<p>DAY 3</p> <p>Use a calendar</p>	<p>DAY 4</p> <p>Review FAQs</p>	<p>DAY 5</p> <p>Clean & organize work space</p>
<p>DAY 6</p> <p>Know download "how-to"</p>	<p>DAY 7</p> <p>Add something to brighten your space – a plant, art, colored pens, etc.</p>	<p>DAY 8</p> <p>Celebrate one thing you are good at</p>	<p>DAY 9</p> <p>Review state ECE guidelines</p>	<p>DAY 10</p> <p>Write a letter to your future professional self</p>
<p>DAY 11</p> <p>Watch a growth-mindset video</p>	<p>DAY 12</p> <p>Write and display a positive quote</p>	<p>DAY 13</p> <p>Read an online magazine</p>	<p>DAY 14</p> <p>Take notes</p>	<p>DAY 15</p> <p>Keep track of learning ideas</p>
<p>DAY 16</p> <p>Reset your professional confidence</p>	<p>DAY 17</p> <p>Join an online learning community</p>	<p>DAY 18</p> <p>Play! Make a one-straw kite!</p>	<p>DAY 19</p> <p>Join a discussion forum</p>	<p>DAY 20</p> <p>Explore professional intentions</p>
<p>DAY 21</p> <p>Target one area to improve</p>	<p>DAY 22</p> <p>Map out PD plans</p>	<p>DAY 23</p> <p>Take a free online training</p>	<p>DAY 24</p> <p>Commit two hours or more per week</p>	<p>DAY 25</p> <p>Visit the library</p>
<p>DAY 26</p> <p>Know your stress</p>	<p>DAY 27</p> <p>Develop a "Professional Philosophy"</p>	<p>DAY 28</p> <p>Watch a vodcast</p>	<p>DAY 29</p> <p>Revisit joy</p>	<p>DAY 30</p> <p>Explore adult learning</p>