

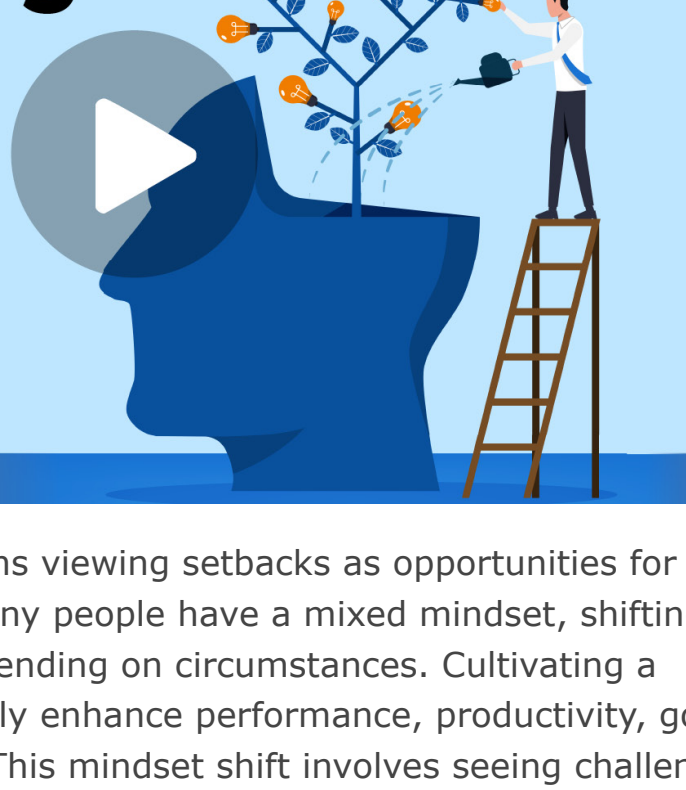
LEARNING & DEVELOPMENT NEWS

UAB
LEARNING
& DEVELOPMENT
The University of Alabama at Birmingham

MARCH 2024

Cultivating A Growth Mindset

WE CAN HELP YOU DEVELOP
YOUR GROWTH MINDSET



Having a growth mindset means viewing setbacks as opportunities for learning and improvement. Many people have a mixed mindset, shifting between fixed and growth depending on circumstances. Cultivating a growth mindset can significantly enhance performance, productivity, goal achievement, and happiness. This mindset shift involves seeing challenges as chances to develop and understanding that skills, talents, and even mindset can be improved with effort and focus. Embracing a growth mindset can transform professional and personal life, emphasizing continual learning and development. This video is from a LinkedIn Learning program. *Learn more by checking out the entire course.*

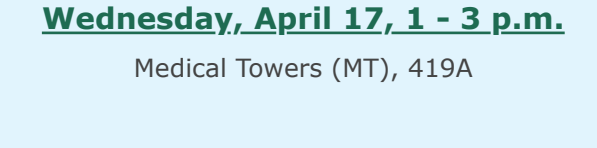
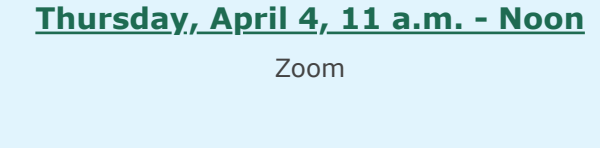
Take Advantage of Programs to Help Empower Your Growth-Mindset Journey!

Learning From Leaders

UAB Leaders Sharing Life-Changing Learning Experiences

Emotional Intelligence:

Building Relationships and Communicating Effectively



Ignite your growth curve. Acquire insights and diverse perspectives!

Boost growth, build relationships, navigate challenges, and foster resilience!

Thursday, April 4, 11 a.m. - Noon
Zoom

Wednesday, April 17, 1 - 3 p.m.
Medical Towers (MT), 419A

Learn to Win Contest Extended to March 29!



The **Upgrading Your Professional Skills Contest** is extended to Friday, March 29!

Join the quarterly LinkedIn Learning Challenge, activate your FREE membership, complete it, and unlock top-tier learning opportunities, plus a chance to win prizes!

START LEARNING NOW!



Thursday, April 4, from 11:00 a.m. - NOON

REGISTER NOW!

Join guest speaker **Matthew Might, Ph.D., Director, Hugh Kaul Precision Medicine Institute, Heersink School of Medicine**, as he recaps his personal journey from academic computer science into precision medicine. Driven by both a diagnostic and then therapeutic odyssey for his son, his story recounts how a passion can ultimately become a profession, and how obstacles can become opportunities.

Don't want to miss a session?

Block your calendar for every session by registering for the [2024 series!](#)



Adding and Viewing Calendars

Monday, April 15, from 11 - 11:30 a.m.

REGISTER NOW!

While your Outlook account has a default calendar, you can create other calendars for other purposes. For example, you can create a calendar for a specific project and share that calendar with others who will be a part of that project. You can also create a personal calendar to track anything from your children's sporting practices to personal events and meetings. *During this session, we will show you how to create and view these calendars and those of others who have not given you calendar permissions. Register today.*

Don't want to miss a session?

Block your calendar for every session by registering for the [2024 series!](#)

STUCK?

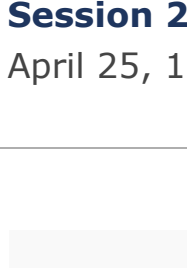
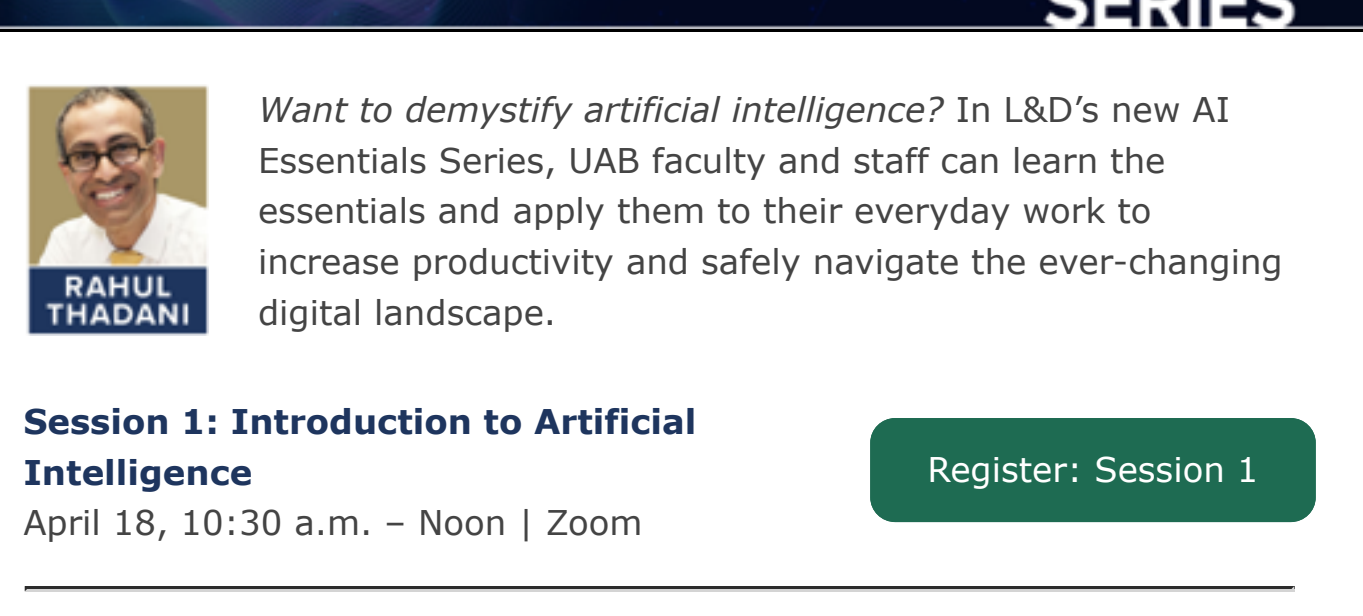
Access LinkedIn Learning to quickly find up-to-date short, video-based answers without stumbling through browser searches.



ACTIVATE YOUR ACCOUNT

LinkedIn Learning
GET THE RIGHT HELP RIGHT NOW.

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Want to demystify artificial intelligence? In L&D's new AI Essentials Series, UAB faculty and staff can learn the essentials and apply them to their everyday work to increase productivity and safely navigate the ever-changing digital landscape.

Session 1: Introduction to Artificial Intelligence

April 18, 10:30 a.m. – Noon | Zoom

Register: Session 1

Session 2: AI for Productivity

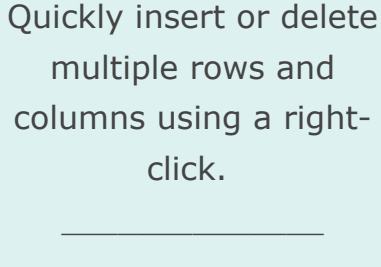
April 25, 10:30 a.m. – Noon | Zoom

Register: Session 2

Have a Question? Ask LearnDev@uab.edu

LinkedIn Learning Corner

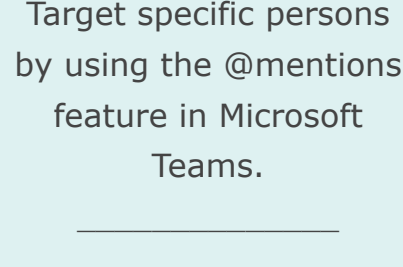
PRODUCTIVITY TIPS



Excel Quick Tip

Insert Multiple Rows

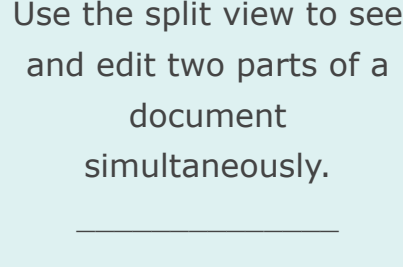
Quickly insert or delete multiple rows and columns using a right-click.



Teams Quick Tip

Working with @mentions

Target specific persons by using the @mentions feature in Microsoft Teams.



Word Quick Tip

Using the Split View

Use the split view to see and edit two parts of a document simultaneously.

Did you enjoy this issue of the Learning & Development News?

SHARE THIS MESSAGE WITH YOUR TEAM MEMBERS!

Forward this newsletter or [share the sign up link!](#)

Did a coworker send you this publication?

Click [HERE](#) to receive this publication directly to your inbox.

April LearnDev Program Calendar

Making Recognition a Routine

Tuesday, April 9

1 to 3:00 p.m.
Medical Towers (MT), 419A

REGISTER

Multigenerational Workforce

Thursday, April 11

10:30 a.m. to Noon | MT, 419A

REGISTER

Emotional Intelligence: Building Relationships and Communicating Effectively

Wednesday, April 17

1 to 3 p.m. | MT, 419A

REGISTER

Understanding Your True Colors

Tuesday, April 23

1 to 3:00 p.m. | MT, 419A

REGISTER

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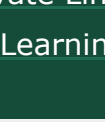
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See L&D Calendar



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