



## Get Smart! E-Learning at your fingertips

Got 10 or 15 minutes? Explore 8,000+ new courses and trainings to improve your personal and professional life and boost your skills by learning something new!

Select from a variety of video-based e-learning and interactive courses, ranging from micro-learning bursts of under 10 minutes to full courses of 30 minutes or more. Longer sessions have workbooks and facilitator guides. Take the quiz and earn a certificate for your efforts! For an added boost and a deeper dive, work with our Certified Coaches to improve personal finances, communication, fitness, home buying, nutrition, stress management, and more.

Why not check out this enhanced benefit today? **Here's how to access the EAP Training Center:**

- Go to [www.HigherEdEAP.com](http://www.HigherEdEAP.com) and click the **Employee & Family login** button.
- Login, or complete a one-time registration.
- Click the **"Training Center"** icon and then on the **"New & Improved Trainings"** icon.
- Use the Search Content bar at the top of the screen – search by topic or course name.
- Download a course certificate when completing and scoring at least 80% on the quiz.

**Here are a few popular and highly rated sessions to get you started:**



### **7 Ways to Improve Your Memory - 7 minutes**

**Explore:** *Memory*

Get tips to sharpen your memory in 7 minutes!



### **The Benefits of Learning with Podcasts - 8 minutes**

**Explore:** *Mobile*

Explore the world of podcasts and how they can give your learning a boost.



### **Being Productive When Working from Home - 12 minutes**

**Explore:** *Productivity*

Set yourself up for productivity and success.



### **Negotiating for Success - 10 minutes**

**Explore:** *Negotiation*

Improve your negotiating skills and get more of what you want!



### **Managing Stress and Anxiety During COVID-19 - 6 minutes**

**Explore:** *Stress, Covid-19*

Learn to set boundaries, stay safe and manage Covid-19 related anxiety.

## Coronavirus Losses

Many of us know someone who has experienced the loss of a loved one during this coronavirus crisis. Remember that you have access to grief counselors at your EAP and self-help grief resources if you log in. We've also compiled resources to help you deal with these issues. [See how to plan funerals and memorials](#) during the pandemic and get tips for [how you can help someone who is experiencing grief](#) given the current safety and social limitations.

## Back to School

It's tough for families to make back-to-school decisions in the middle of a pandemic. Get tips, tools, and resources for back-to-school planning, home schooling, and balancing work-from-home with parenting.

[Covid-19: Back to School Resources for Parents](#)

