



# Learn On-the-Go When Time is Limited with Micro-learning

Do you need fast and focused learning? Micro-learning is an effective and emerging learning style to address the pressures of time constraints, information overload, and busy schedules by providing highly relevant and curated materials in small bursts at regular intervals. The MCH Navigator has pioneered a series of micro-learning activities for the busy public health professional and student.

Read about our current offerings below!



Visit our website:  
[www.mchnavigator.org](http://www.mchnavigator.org)

### Active Synchronous Programs. Learn in real time:



**MCHwork** addresses knowledge and skills related to the most pressing issues of the day including health equity; community partnerships; evaluation and assessment; aligning plans and strategy building; and communication.



**MCHnow** (coming soon), will focus on each of the MCH Leadership Competencies, one each month, by sharing a brief video and learning resource delivered right to your inbox with supplemental learning materials from and links to our MCHsmart curriculum.

### Enduring Asynchronous Programs. Learn at your own pace:



**5-Minute MCH** explores each of the MCH Leadership Competencies through a 5-minute introduction, 5 learning opportunities, 5 implementation strategies, and a summary 15-minute discussion with an expert from the field.



**Public Health Pronto** focuses on the Core Competencies for Public Health Professionals and topic areas in Health Transformation. This learning program explores this broader set of competencies through the lens of MCH and with an eye toward health transformation.



**MCH 20|20** asks a series of 20 questions to build on what you know to map your learning path. Reflect on these 20 questions and see what other people are thinking about along their learning journeys.

## Benefits of Micro-learning

- ❖ **Short learning sessions.** Learning occurs in small, bit-sized segments that are easy to achieve and incorporate.
- ❖ **Focused content.** Access to highly relevant information happens without a lot of clutter.
- ❖ **Incremental learning.** Learning bursts that are frequent and short that build upon each other.
- ❖ **Just-in-time.** Acquiring information happens at your own pace, when you need it.
- ❖ **Communal learning.** Technology allows learners to see what others are thinking, share ideas and ask questions.
- ❖ **Multitasking and learning.** Information can be gathered on-the-go, especially through mobile devices.

## Other Ways to Learn



Our newest program, **MCHsmart**, delivers the core content of a structured program in a format that is accessible to MCH professionals, students and current/future faculty. Learners work at their own pace and choose how deeply they want to explore each competency.

Up to 12 CPH Recertification Credits from the National Board of Public Health Examiners may be earned.



The MCH Navigator **Self-Assessment** is an online tool focused on the 12 MCH Leadership Competencies that employs an automated 3-step process that can be used individually or as part of a group to identify your strengths and learning needs; match your learning needs to appropriate trainings; and receive a personalized learning plan.