

## EDUCATION COMMUNITY OF INTEREST

### ***A message from the Community Leader....***

"The articles appearing in this month's newsletter perfectly illustrate the availability and worth of continuous learning to our community and to the Marines we serve. Training and education methods aren't static - and our understanding of them should not be static either. Technology supports our ability to "get at" training and education from anywhere at any time. But each of us must make a commitment to learning just as many of us continue daily physical fitness routines. Learning should be a habit of action."

**~J.W. BEAROR  
Executive Deputy**

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## **Bloom Your Career Development**

### Article Contributors

The Education Community of Interest (Ed COI) is pleased to announce an additional segment to our monthly newsletter; Special Interest Articles, features articles covering a myriad of topics of interest to our community at large from our fellow educators and trainers.

More than ever, the success of the Ed COI rests on the community members; their motivation, and their intellectual capital. So our goal is to fully "bloom your career development" knowledge potential; to guide, motivate, inspire and focus you toward success. This is an opportunity to voice and share the plethora of knowledge and perspectives that you have obtained over the years. If interested and would like a copy of our article specifications please email us at [usmc\\_ed&trng\\_coi@usmc.mil](mailto:usmc_ed&trng_coi@usmc.mil).

### Certificates and Certifications

Job Seeker?

Lifelong Learner?

Career Changer?

Do any of these profiles above resonate with you? In today's climate and competitive workplace a certificate or certification may be in your best interest. There is an assumption that the way to advancement or entry into a job is a degree and that's simply not the case.

What is a certificate and certification? Certificates are for individuals who are novices or experienced from an educational process which indicates completion of a course(s) by a designated timeframe. Certifications are for individuals with some professional experience from an assessment process. Typically, the competency is measured by standards defined by an application or exam with on-going requirements in order to maintain.

Some of the main reasons for obtaining a certificate and/or certification are to exhibit competency and skill – a plus to employers. Also, there's minimal time to dedicate to a program if you're a busy and employed individual your time is valuable. Furthermore, certificates and certifications are considerably less than a degree program.

Finally, obtaining a certificate or certification in area that interests you is a great return on investment especially if you already have a degree and want to broaden your horizons. I would also add that you should select a reputable educational institute or program.

**Ultimately, your goal is to bloom into being more credible to your organization while enhancing your personal development. Give it a try!**  
~Terra Eidinger

# MANAGER'S CORNER...

"When one door closes, another opens; but we often look so long and so regretfully at the closed door that we do not see the one, which has opened the door for us." - Alexander Graham Bell

## **The Frame: Training**

Training is one of the best things you can do for yourself personally and professionally – training can play a key part in helping advance your career. Be persistent in improving your skills as well as marketability through job training and education opportunities available as a member of the Education Community of Interest. Training will afford you growth potential in your current role and open new opportunities in your future.

## **The Open Door: Education Community Member**

Do you have a "can-do" attitude that prepares you for additional growth? Training is only half the formula; as a professional in the profession of education, you are the catalyst for realizing the value added training presents. Acquire new skills and expand your competency domains to make a positive difference by exceeding in your present performance and role expectations now while laying the foundation to achieve new professional opportunities in the future.

The economic climate is austere; take the training available through the COI - soak it all up - take advantage of it as much as possible – we are investing in you and your future.

## **How You Will Benefit**

- ✓ Feel confident when asked to "step up to the plate" with new projects outside your regular work activities.
- ✓ Take your skills and potential to new heights.
- ✓ Gain new skills and competencies required for success.
- ✓ Map out a plan of action enhancing your efficiency and career development potential.
- ✓ Meet the rising pressure of constricted budgets.
- ✓

## **Who Should Attend**

Those interested in greater career development and getting the skills to improve their performance and growth within their organization. Are you one of the community members who are going to take advantage of this opportunity - the ambitious, the self-starter, the organized and in-tune – community member who knows the value they add to their organizations mission capability as well as the personal and professional career opportunities gained by being better trained, better skilled.

**Stay up to date, engaged and motivated!**

# A MOOC for EVERYONE

**William Wright, Director, Information & Education Technology, Marine Corps University, E-mail: [william.wright@usmc.mil](mailto:william.wright@usmc.mil)**

Have you ever dreamed of taking a course from a top professor at a renowned University such as Stanford, Harvard, or MIT? Well now you can – for free! Massive Online Open Courses, or MOOCs, are the latest rage in higher education. Designed to bring premier educational content to the masses, they allow you to receive the same instructional content delivered in on campus courses in an online format together with up to 20,000 of your closest friends. Currently there is no cost for these courses and you do not receive college credit for them, although you will receive a certificate from the professor upon successful completion of the course. Several colleges and universities are exploring options for granting credit for MOOCs in the future.

Courses are available in a wide variety of disciplines and nearly everyone will find something to suit their interests, whether professional or personal. Most of the material required for a course is provided for free online, although textbooks or other reference material may be recommended. Course lengths range from 6 – 12 weeks and, depending on the amount of effort a student puts into the course, will require 6 – 10 hours of time per week. As with any learning, the benefit you derive is proportional to the time you put in. If you start a course and find that it is not what you wanted, simply stop participating.

Now you may think that a course with up to 20,000 students would be impersonal, but that is not the case. While you will not interact directly with the professor, the course provides a forum to interact with other students and often teaching assistants. If you are having difficulty with a concept or problem, simply posting a question will usually result in multiple helpful responses within hours, if not minutes. In courses with written assignments, peer grading is often used. Also, for those interested in physical interaction, many courses spawn local study groups which you can join at your option. So whether you prefer learning individually or in a more social setting, you can “have it your way” in a MOOC.

If you are interested in learning more about MOOCs in general, check out the **Chronicle of Higher Education MOOC site** at <http://chronicle.com/article/What-You-Need-to-Know-About/133475/>. If you are ready to take the plunge, check out the courses at **Coursera**, <https://www.coursera.org/>, and **edX**, <https://www.edx.org/>.

**\*\*Note: This article contributor has included contact information for further correspondence with fellow community members**

## *Lifelong Learning: You CAN teach an Old Dog New Tricks!*

Leanne R. Cannon, Ph.D., GCSS-MC Manpower, Personnel & Training / 1750

“All the world is my school and all humanity is my teacher.” — [George Whitman](#)

When was the last time you learned something new? Lifelong learning doesn't mean being a “professional student”. In the words of Mark Twain, “I have never let my schooling interfere with my education”. Learning something new every day keeps your mind active, your spirits high and makes you a great Jeopardy contestant! The trick is to recognize what you're learning and to put it to use. Whether you're someone who always carries a book, or you're taking formal classes, learning something new every day does make a difference in your life.

Much research has been done on the effects of lifelong learning. One study done in 2005 by the [Institute for the Study of Aging](#) focuses on *Cognitive Vitality*, which for many people can mean the difference between dependent and independent living as we age. Basically, *Cognitive Vitality* revolves around the “brain's capacity for knowledge, acquired knowledge and the protection from brain injury.” The brain's neurons do not die as we age, in fact, if stimulated, the brain can make new ones. “People with high Cognitive Vitality remain intellectually sharp as they age.” In addition, the [Institute for the Study of Aging](#) states that memory loss can be prevented by “being mentally, physically, and socially active — at work or in retirement—are keys to successful aging”.

It's true. How we learn as we age is different from how we learned in elementary school. “The brain is plastic and continues to change, not in getting bigger but allowing for greater complexity and deeper understanding,” states Dr. Kathleen Taylor, of St. Mary's College of California. Check out this [2009 article in New York Times on learning and the adult brain](#). As adults, we need to challenge ourselves with learning new things. One of the best ways to shake up our synapses is to expand our horizons; learn a new language or take a cooking class, something to stretch our minds and keep them pliable.

Cognitive ability doesn't have to change as you age. Memory loss isn't inevitable. Age is only a number. It's OK to be a twelve year old in a fifty year old body. Welcome your next birthday with open arms! Keep your mind and body well-tuned and you'll be able to do Math homework with your grandkids!

Here are some recommendations from the [Institute for the Study of Aging](#) of ways to promote your *Cognitive Vitality* (full explanations of each item can be found at [www.aging-institute.org](http://www.aging-institute.org)):

- 1) Manage Chronic Illnesses: See your doctor. Hypertension, High Blood Pressure and Diabetes can all affect your memory and cognitive processes.
- 2) Physical Exercise: It's good for your brain too. Increased blood flow that accompanies physical exercise keeps your neurons healthy and improves your mood.
- 3) Nutrition: Eating brain food. Low fat/low calorie diets lower your risk for vascular disease and thereby improve your brain health.
- 4) Reduce Stress: Learn ways to cope. Chronically high levels of stress suppress the immune system and kill brain cells.
- 5) Sleep: Snooze for a better memory. Getting a good night's sleep is essential to cognitive health and function even with aging.
- 6) Emotional Health: Depression is treatable. Depression may cause cognitive impairment, such as memory loss and difficulty paying attention.
- 7) Remain Engaged: Participate in social activities. A rich and stimulating work and social environment helps maintain cognitive function.
- 8) Lifelong Learning: Stimulate the brain. Education has been found to protect against cognitive decline by providing a larger reserve in brain function.
- 9) Mental Exercises: Your brain is like a muscle—use it or lose it. Remaining socially engaged, continuing life-long learning, and engaging in activities, such as reading and writing, stimulate the brain, build cognitive reserve, and promote cognitive vitality.

**\*\*Note: This article contributor has included contact information for further correspondence with fellow community members**

# RESOURCES at your fingertips...

## WEB-BASED Training Still Available

The Ed COI are currently offering and paying for the remaining training opportunities. For more information on the courses below and registration send email to: [usmc\\_ed&trng\\_coi@usmc.mil](mailto:usmc_ed&trng_coi@usmc.mil) .

Training	Deadline FY 2013
New Horizons- Business Professional Collection	July 1 <sup>st</sup>
Bob Pike Group- Flip Art Anyone Can Draw	July 11th
Bob Pike Group- Writing Objectives that are Measurable	July 31 <sup>st</sup>
ASTD Essential Series: Adult Learning	Aug 5 <sup>th</sup>
ASTD Essential Series: Writing Training Documents	Aug 5 <sup>th</sup>

**Note: The above training is web-based and a complete SF-182 is required for all training requests**

## !!!Seats Still Available!!! CREATING A HIGH PERFORMANCE WORKFORCE

### LEARN HOW TO:

- . Identify some cultural universals and cultural dynamics that can impact every employee, work relationship, department, team and workforce;
- . Identify attitudes and behaviors that are acceptable and appropriate when working in a diverse workforce;
- . Exhibit communication skills that can help improve work relations and strengthen teamwork;
- . Identify some strategies and techniques that are helpful when working and serving in a diverse workforce;

**INTENDED AUDIENCE:** All TECOM Civilian Marines located in the National Capital Region.

**PREREQUISITES:** None

**CLASS HOURS:** 0800-1600

### CLASS DATE AND LOCATION:

Date                      Location  
20 Jun 2013              Quantico, Education Center, (BLDG 3089), Rm 12

**TO REGISTER SEND AN EMAIL TO:** [TECOM\\_CWFDT@usmc.mil](mailto:TECOM_CWFDT@usmc.mil) Include your name, grade, phone number, and organization.

**REASONABLE ACCOMMODATION:** Please let us know when you register if you require reasonable accommodation to participate in this training.

**FOR FURTHER INFORMATION:** Contact Mr. Preston E Ford Jr @ 703 432-0862, Daly Hall, Bldg 2079

### EMPLOYMENT INFO:

## EdHIRES

[EdHIRES](#) is the Department of Education's Hiring Information and Recruitment Enhancement system. It is an automated e-Recruitment system that converts ED from a paper-based recruitment process to an automated business process and is designed to assist applicants in finding and applying for ED jobs.

**Benefits from working for the Department of Education:** Pay, Flexible Schedules, Telecommuting, Volunteer Activities, Teacher Conferences, Transit Benefit, Child Care subsidy and more

**Must see features:** fast, free, and easy to use, more efficient hiring process, e-mail notifications and keeps your profile in the system

Questions or comments about EdHIRES please direct to: [om.edhires@ed.gov](mailto:om.edhires@ed.gov).