The following is a list of CORE’s online self-paced courses. These courses are designed to establish foundational knowledge of the United States Refugee Admissions Program (USRAP) and further the professionalization of CO instruction by supplementing and enhancing training resources available at Resettlement Support Centers and Resettlement Agencies. For more information, visit the CO Resource Exchange website where you can access the registration page and Frequently Asked Questions.

**INTRO TO CULTURAL ORIENTATION**

**THE REFUGEE RESETTLEMENT JOURNEY**
Learn fundamental information about the United States Refugee Admissions Program (USRAP).
- Define key USRAP terms.
- Identify key stakeholders involved in the USRAP.
- Explain the process refugees undergo in the USRAP.

**INTRODUCTION TO CORE**
Learn about CORE resources and professional development opportunities.
- Explain the purpose and relevancy of CORE.
- Navigate and access resources on both CORE websites and bookmark them for future use.
- Locate and identify at least three types of resources that would be useful for CO delivery.

**CULTURAL ORIENTATION DEFINED**
Understand the purpose of Cultural Orientation.
- Explain the purpose of CO and the differences between overseas and domestic CO.
- Locate resources that can be used to deliver CO.

**WORKING EFFECTIVELY WITH INTERPRETERS**
Develop a deeper understanding of how to effectively work with interpreters.
- Explain the difference between types of interpretation and translation.
- Define roles and responsibilities of the CO provider and the interpreter.
- Identify steps to ensure interpreters are utilized appropriately and effectively.
PRINCIPLES OF TEACHING

COGNITIVE LOAD AND HOW TO MANAGE IT
Learn about cognitive load and memory and how these concepts influence CO delivery.
- Define and explain key terms associated with cognitive load and memory.
- Identify techniques to minimize cognitive overload and improve learner retention.

ADULT LEARNING PRINCIPLES IN CO
Explore Knowles’ Six Principles of Adult Learning and how they can be applied to CO delivery.
- Identify and describe Knowles’ Six Principles of Adult Learning.
- Explain the differences between external and internal motivation.
- Identify techniques to apply Knowles’ Six Principles of Adult Learning in CO delivery.

STUDENT-CENTERED VERSUS TEACHER-CENTERED LEARNING
Understand the difference between student-centered and teacher-centered learning techniques.
- Explain the characteristics of student-centered and teacher-centered learning, and their advantages and disadvantages.
- Identify techniques to apply student-centered learning during CO delivery.

TAKING A STRENGTHS-BASED APPROACH
Learn principles associated with taking a strengths-based approach and how to apply them in CO delivery.
- Define and explain the differences between deficit thinking and a strengths-based approach.
- Identify the principles associated with a strengths-based approach and explain how they can be applied during CO delivery.

BUILD YOUR CO SESSION PLAN

KNOW YOUR CO OBJECTIVES AND INDICATORS
Explore the CO Objectives and Indicators that are applied in CO delivery.
- Locate and identify the content objectives and learning indicators required in CO delivery.
- Explain the value of content objectives and learning indicators in terms of the refugee resettlement journey.
- Recognize the importance of content objectives and learning indicators in compliant CO.

BUILD A LESSON PLAN FOR ANY CONTEXT
Learn how to build lesson plans for the delivery of CO in various contexts.
- Recognize the importance of adaptability and flexibility in CO delivery.
- Identify and define the parts of a lesson plan.
- Adapt available resources and materials to create lesson plans for a variety of CO contexts.
MANAGE YOUR CO CLASSROOM

CREATING A POSITIVE LEARNING ENVIRONMENT
Understand how to create a positive learning environment during CO.

- Identify and explain four key principles that can be used to create a positive learning environment.
- Explain at least three techniques to create a positive learning environment.

MANAGING COMMON CHALLENGES OF CO DELIVERY
Examine common challenges faced during the delivery of CO and learn techniques to overcome them.

- Identify commonly faced challenges of delivering CO.
- Explain at least three techniques that can be applied to address maintaining learner engagement, time management, and teaching different types of learners.

ENHANCE YOUR CO

DELIVERING INTERACTIVE ONE-ON-ONE CO
Learn tips and strategies to structure and deliver interactive one-on-one CO sessions.

- Identify and use strategies to delivery interactive one-on-one CO that reduces cognitive overload.
- Explain and apply techniques to properly integrate multimedia as a part of one-on-one CO delivery.
- Reflect and work toward developing an action plan for implementing interactive one-on-one CO.