

# February 2026 Training Highlight



## Hard Skill Highlight: Cybersecurity

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Podcast: Microsoft Threat Intelligence Podcast ([Spotify](#) & [Apple](#))

Article: [What is Cybersecurity and Why is It Important?](#)

Video: [The Five Laws of Cybersecurity | Nick Espinosa | TEDxFondduLac](#)

CWRU Resources: [University Technology: Information Security](#)



## Soft Skill Highlight: Growth Mindset

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Podcast: 4 Steps to Develop a Growth Mindset & 4 Ways to Stop Listening to the Opinions of Others ([Spotify](#) & [Apple](#))

Book: [Mindset: The New Psychology of Success](#) by Carol Dweck, Ph.D.

Video: [Developing a Growth Mindset with Carol Dweck](#)

Case Western Reserve University's  
Professional Development Center

# Training Access Instructions

## Academic Impressions

- Login to your account at [Academic Impressions](#)
- Use your CWRU credentials (abc123 and password) to access member benefits
- Type in the name of the training you are interested in from the first page of this handout in the search bar
- Browse other Academic Impressions offerings by entering your desired area in the search box

## AllOne Health (formerly IMPACT Solutions)

- Visit [our website](#) for detailed information on AllOne Health, CWRU's Employee Assistance Program, and to learn how to create your account
- For any questions on AllOne Health, their services, or your eligibility, please contact [askhr@case.edu](mailto:askhr@case.edu)

## Professional Development Training

- Visit [our website](#) to view the training workshop calendar
- Once you locate the training workshop you would like to take, please click on the title of the training and register through CampusGroups
- For any questions regarding training, please contact [askhr@case.edu](mailto:askhr@case.edu)

