

## Winter Career Skills Series

Restore and recharge over the break by building your professional skills.

Find these courses and more at [go.gwu.edu/linkedinlearning](https://go.gwu.edu/linkedinlearning)

# Career Skills Series

LinkedIn LEARNING

**GW** School of Engineering & Applied Science  
W. SCOTT AMEY CAREER SERVICES CENTER

# WORK BETTER NOT HARDER

## Supporting Your Mental Health While Working from Home

Adjust to the new normal with practical guidance for thriving as you work from home.



## Building Better Routines

Learn how and why routines help with mindset, life, and work and how to build healthy habits.



## Getting Things Done®

Learn the five-step process for getting things done.

