

Fridays with the Flock

Weekly learning resources from the Salisbury University HR Team



FEBRUARY 4, 2022 | VOL. 4

Welcome to Fridays with the Flock!

Join us each week for recommended readings, training links and insights to help you thrive at work and beyond. Happy Friday!



The Role of Academia in Building Equitable Leaders

Kerwin Charles, dean of the Yale School of Management and professor of economics, discusses on LinkedIn the [longstanding challenges](#) facing Black Americans and the role academia and corporate America play in developing more racially just leaders across our society.



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How to Make a Habit Stick

In this [blog post](#), Gretchen Rubin, bestselling author and podcaster, shares how to form lasting habits through creating long-term "milestones" rather than short-term "challenges."



Growth vs. Fixed Mindset: How What You Think Affects What You Achieve

Can what we think about ourselves and our abilities affect what we can achieve? [This article](#) takes a deep dive into the science of growth vs. fixed mindsets, and helps us make the connection between a positive outlook on learning and successfully mastering new skills.



LinkedIn Learning This Week

Human Resources suggests the following free LinkedIn Learning courses that you can view at your own pace. Take advantage of these timely and informative webinars for professional and personal growth:

[Difficult Conversations: Talking about Race at Work](#)



[Creating Great Workplace Habits](#)



[Cultivating a Growth Mindset](#)



Be not afraid of growing slowly,
be afraid only of standing still.

– Chinese Proverb

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