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E-Learning samples

<https://www.idesigndigital.net/course-dev>

THE iDesign ADVANTAGE

Premium, bespoke
training solutions.
Exceptional value.



Modern, robust
technologies.



Multi-device, responsive
design solutions.

Create once. Publish
everywhere.



Cross-browser design



Versatile, low
maintenance
templates.



Sample e-Learning screens on the following slides

 LESSON SUMMARY

SPECIALIZED WORK HAZARDS AND CONTROLS

Watch Video 

MENU

HOW TO SAVE

04 of 20

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NEXT >

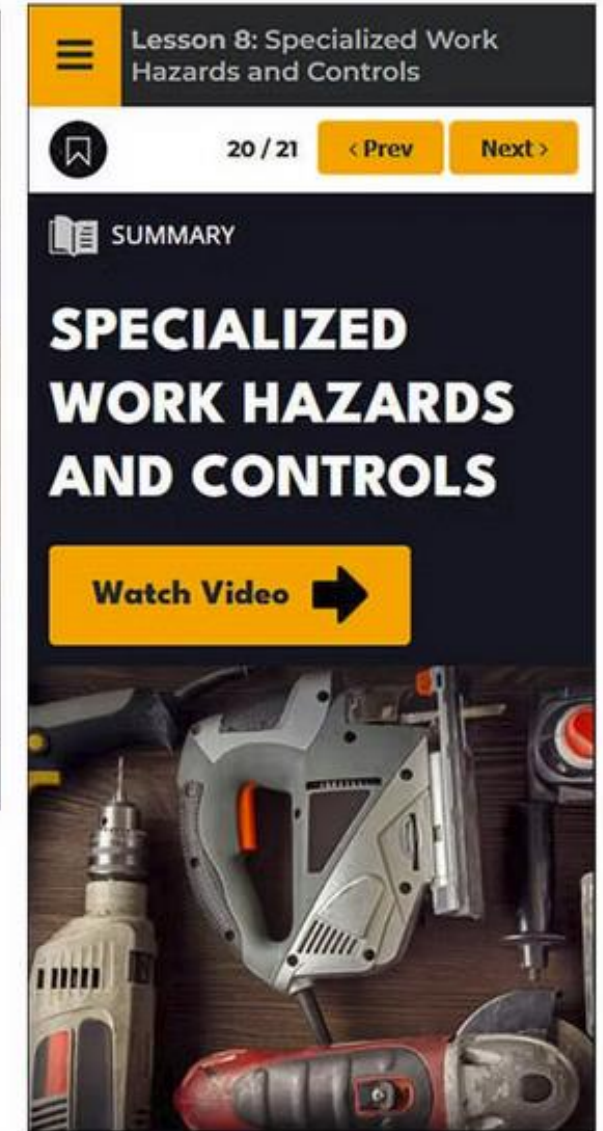


Video screens (desktop and mobile versions):



DESKTOP VERSION

Responsive design: The course instantly adapts its layout and functionality to the learner's device.



MOBILE VERSION

Algonquins of Pikwakanagan First Nation

Anamikàge (Welcome)

Algonquins of Pikwakanagan First Nation is a proud and progressive Algonquin community.

Pikwakanagan is situated on the shores of Golden Lake and the Bonnechere River in Renfrew County. Located off of Highway 60, our community is 1½ hours west of Ottawa and 1½ hours east of Algonquin Park.

Pikwakanagan is the origin of the world's largest birch bark canoe, the first Algonquin woman Chief in all of Canada and Algonquin actor Paul Benoit.



“Every human being, of whatever origin, of whatever station, deserves respect. We must each respect others even as we respect ourselves.”

Ralph Waldo Emersons,
Essayist



WHAT IS RESPECT?

All people have the right to be treated with dignity and respect.

Respect is "the willingness to show consideration for the rights or feelings of others, to treat them courteously, inclusively and safely."

Respect goes beyond current legally defined protected rights. It includes respect for:

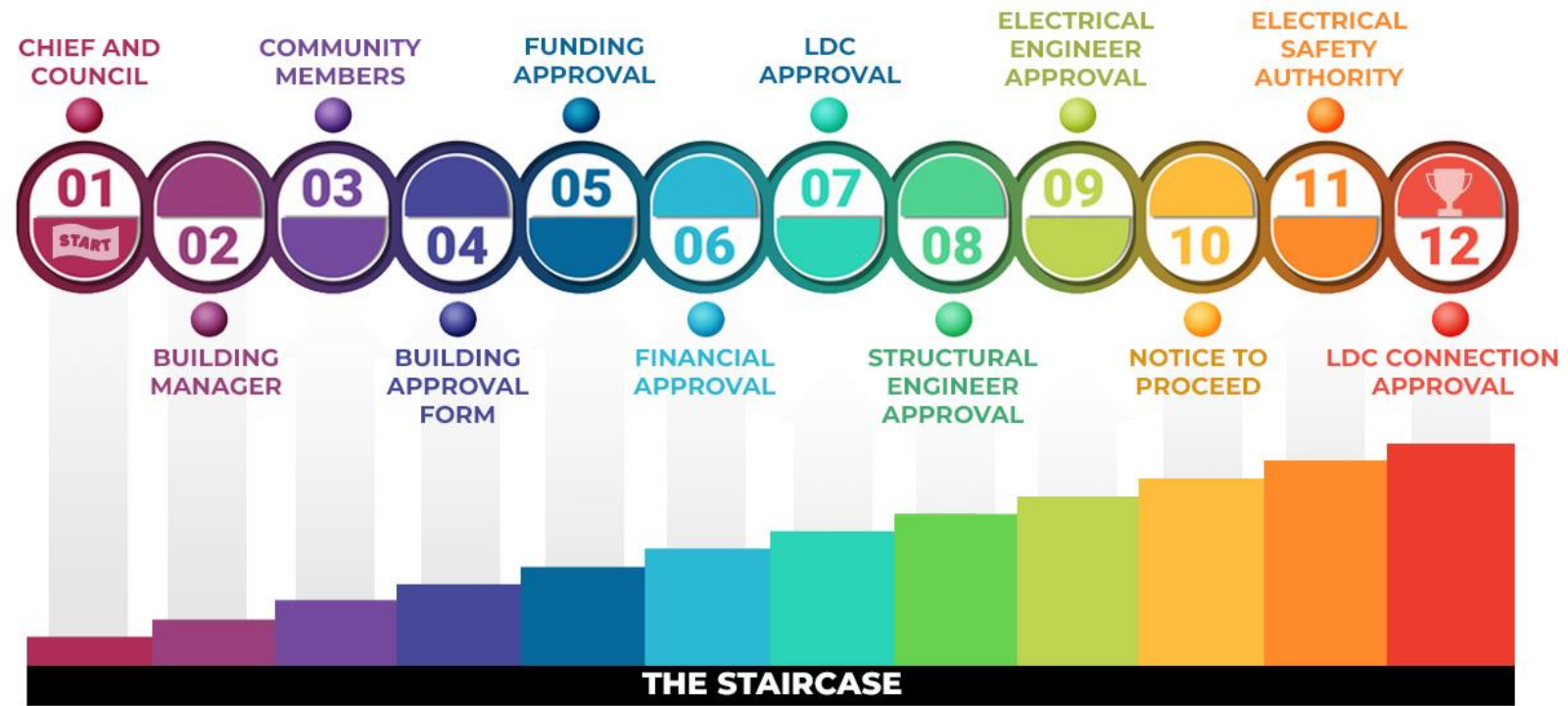
- A safe work environment
- Property
- Other people's privacy
- Gender
- Physical space and belongings
- Different opinions and occupations
- Cultural diversity

Source: *Construction Owners Association of Alberta. Workplace Respect Toolkit: A Best Practice of the Construction Owners Association of Alberta. Accessed May 2016.*

Project Approval Process

To achieve approval for a solar installation project means involving numerous stakeholders, government agencies and professionals. There is an extensive number of approvals and steps that need to be taken to successfully complete your project.

This process – which looks like a staircase – is something that we have come up with. It has worked well with our First Nation projects for solar installation.



“All alone we can do so little, together we can do so much.”

Helen Keller,
Author



WHAT IS LEADERSHIP?

Leadership is...

- Directing others toward the completion of an objective
- Inspiring the people you work with
- Influencing others to attain a goal
- Creating a motivating environment for the team

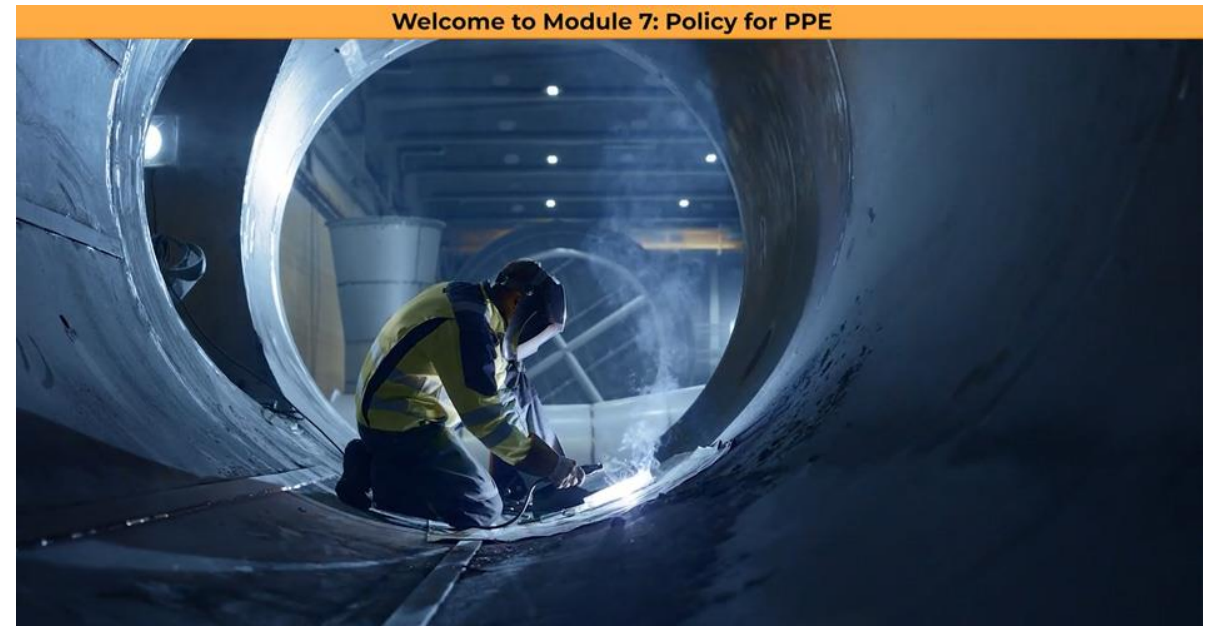
Leaders do what they say and say what they do. **Leaders inspire, motivate, challenge, and communicate.**

Video type 1: Animated Images and video clips

**Video contains video clips,
animated images and text**
<https://vimeo.com/1076524217>

(this is a demo and contains watermarked images)

Sample images from the video



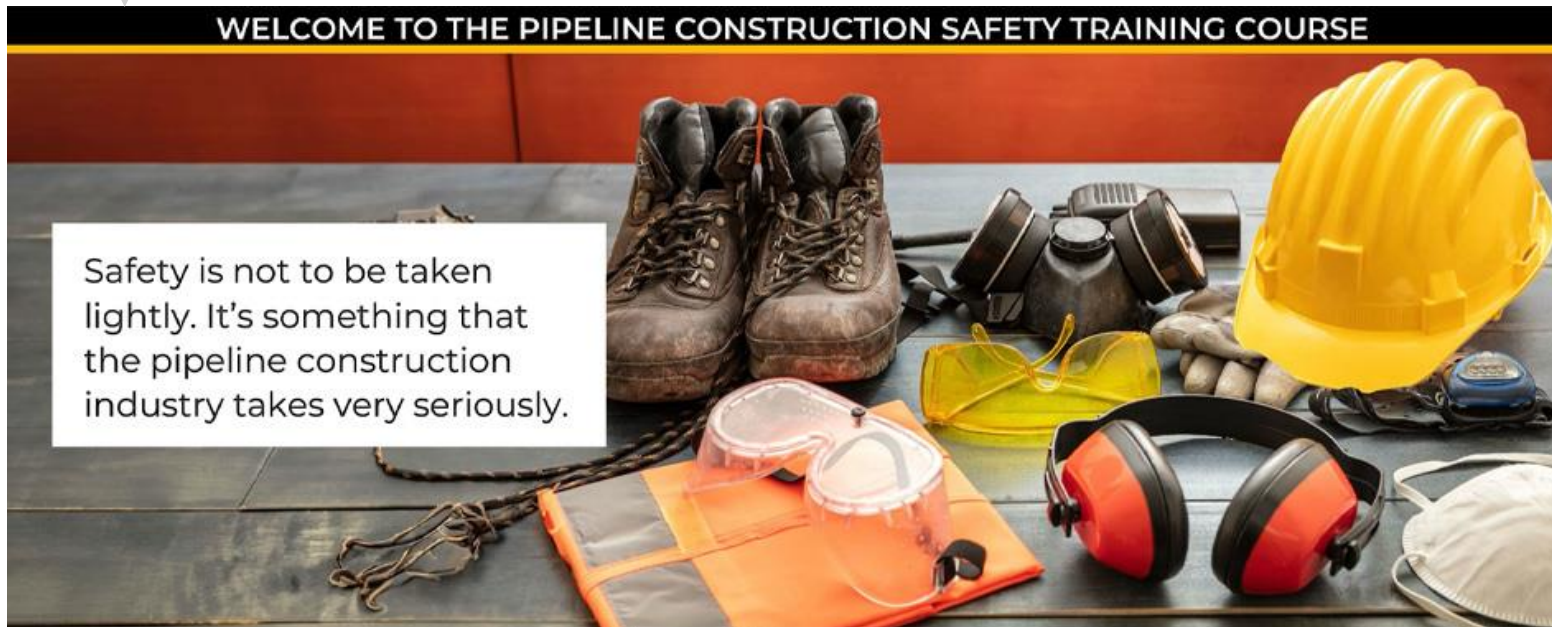
Video contains animated images and text

For desktop (landscape):

<https://vimeo.com/981709026>

For mobile (portrait):

<https://vimeo.com/1045815715>



LESSON 2: What is Mental Health?



Mental Health States

We possess multiple and complex mental health states. These states describe our various emotions, cognitions, and behaviours at different times. People can experience some or all of these mental health states quickly; each is a part of everyday life.

CLICK ON THE BARS TO LEARN MORE

A. No Distress: —

Our first mental health state is no distress or no problem. Everything's going fine, and we're generally enjoying ourselves. We may spend time with friends, attend school, or even sleep. We're probably doing a good job when we witness a colleague experiencing no distress.

B. Mental Distress: +

C. Mental Health Problem: +

Reframing our self talk

Self-talk is a way that we can look at changing our emotional states. What we think has a large impact on how we feel. Can you reframe these thoughts to positively influence emotions?

1. I hate waiting.

2. Why does this take so long?

3. My pain is starting to flare.

4. I'm going to be late for my next appointment.

**How can you reframe
these thoughts?**

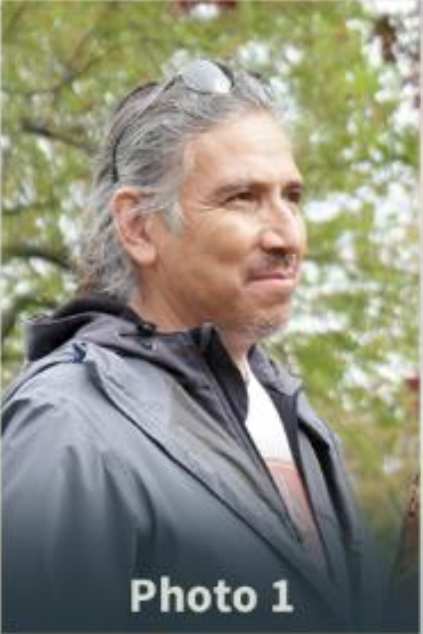
Click here to find out

2.The Definition of Bias

Match the photo with the correct profession:

Profession	Photo
<input type="text" value="Select Option"/>	Photo 1
<input type="text" value="Select Option"/>	Photo 2
<input type="text" value="Select Option"/>	Photo 3

Submit



Matching activities

Assessments



Lesson Review

QUESTION 2

True or False? Systemic bias is a result of bias, conscious or unconscious, that is embedded in policies and processes.

TRUE

FALSE

Submit



Lesson Review

QUESTION 1

Which of the following actions can help you reduce your biases at work? (Select all that apply).

- A Be friendlier to everyone at work.
- B Learn about the daily work experiences of Black, Indigenous and People of Colour.
- C Blame colleagues for their unconscious biases.
- D Re-design policies and processes to minimize the potential impact of biases.

Submit


Lesson Review

QUESTION 2: Match each of the following descriptions with the correct term.

Term	Description
<input type="text" value="Select Option"/>	a. We judge someone more favourably when a colleague thinks more highly of that person.
<input type="text" value="Select Option"/>	b. We feel a higher level of comfort with those who are like us.
<input type="text" value="Select Option"/>	c. We strengthen our bias when someone does something that fits a stereotype.





Submit



 TIME REMAINING: 1 hour and 27 minute

Question 14 of 20

Find the perfect match. Select a unique answer for each description.


Select 	A. Pressure to push the electrical flow
Select 	B. Resistance within a circuit
Select 	C. Work being done
Select 	D. Flow of current

- Select
- Volts
- Amps
- Watts
- Ohms

 CHECK MY ANSWERS

< PREV

NEXT >

 TIME REMAINING: 1 hour and 8 minute

Question 1 of 20

How are solar panels sized?

- A** Watts
- B** Inches
- C** Photons
- D** Amps

 CHECK MY ANSWERS

< PREV

NEXT >

Wish to review your answers? Click on any question on the right to navigate to it.

Ready to submit the assessment? Click on the SUBMIT TEST button below.

SUBMIT TEST

Questions	Status
① 1	Answered
① 2	Not Answered
① 3	Answered
① 4	Not Answered
① 5	Not Answered
① 6	Not Answered
① 7	Not Answered
① 8	Not Answered
① 9	Answered
① 10	Answered
① 11	Not Answered
① 12	Answered

Questions	Status
① 1	Answered
① 2	Not Answered
① 3	Answered
① 4	Not Answered
① 5	Not Answered
① 6	Not Answered
① 7	Not Answered
① 8	Not Answered
① 9	Answered
① 10	Answered
① 11	Not Answered
① 12	Answered

Earthkeepers

Education and Capacity building for renewable energy

Lesson Menu

Lesson 1: Solar 101 How much electricity do household appliances use?

Washing machine
450 Watts

Television
65 - 340 Watts

Stereo
250 Watts

Vacuum Cleaner
65-340 Watts

Refrigerator
725 Watts

Personal Computers
25-125 Watts

Light bulbs
8-100 Watts

Electricity from a Solar panel

One solar panel (15 sqft)
250 Watts

Rooftop Solar (up to 40 panels)
10000 Watts or 10kW

5 of 16

Earthkeepers

Education and Capacity building for renewable energy

Lesson Menu

Lesson 1: Solar 101 Solar Energy

Solar energy is energy from the sun. The sun's energy can be used to provide lighting and heat for buildings and to produce electricity.

Today, there are two solar technologies that are commonly used.

TECHNOLOGY 1

Solar photovoltaic technology uses solar cells to convert sunlight directly into electricity.

Solar energy is only available during the day, and not at night. Clouds, mountains, and/or buildings may block access to solar energy.

TECHNOLOGY 2

Solar collectors or panels are used to heat water or ventilation air for use in buildings.

2 of 16

Earthkeepers

Education and capacity building for renewable energy

Lesson Menu

Lesson 5: Wind Energy 101 Wind energy in Ontario

Energy Output in Ontario by Fuel Type

Coal 2.8%

2012

Wind 9%

2022

■ Nuclear

■ Hydro

■ Coal

■ Gas

■ Wind

■ Others

Move your mouse over the graph segments to learn more

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Ontario is Canada's leader in clean wind energy with more than 3,500 MW of installed capacity, supplying over 3.5 per cent of the province's electricity demand. **In 2012 – for the first time ever – more electricity was generated in Ontario using wind than coal.**

By the end of 2014, Ontario was the first jurisdiction in North America to eliminate coal as a source of electricity generation. Wind energy is helping Ontario build a stronger, cleaner and affordable power system: creating new highly-skilled jobs and delivering local benefits at prices that are cost-competitive with other new sources of electricity.

Ontario is a leader in new installations of clean wind energy, with close to 1,000 MW of new capacity delivered in 2014, worth more than \$1.7 billion in new investments.

Reference: IESO <http://www.ieso.ca/Pages/Power-Data/Supply.aspx>

Battery Energy Storage System (BESS) Training Lesson 2: BESS Use Cases and System Design Sundram, Sarjey

MODULE 2

Battery Energy Storage Systems: Use Cases and System Design

Watch Video



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Battery Energy Storage System (BESS) Training Lesson 3: Installation, Maintenance and Safety Sundram, Sarjey

Factors That Impact Battery Performance


Several factors influence how well a BESS performs over time:

Depth of Discharge (DoD)

Using 100% of a battery's charge every time reduces lifespan. Best practice: Keep discharge at **50-80%** for longer life.

- Temperature +
- Charge Cycles +
- Maintenance +

Choosing **high-quality, well-maintained batteries** ensures **better performance and lower replacement costs**.



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Battery Energy Storage System (BESS) Training Lesson 4: Integrating BESS with Solar PV Systems Sundram, Sarjey

Integrating BESS with Solar PV Systems


A Battery Energy Storage System (BESS) works best when paired with **solar photovoltaic (PV) panels**. Solar energy can charge the battery during the day, reducing reliance on the grid or a generator.

How it Works:

- Solar panels generate electricity and charge the battery.
- The battery supplies power during the night or outages.
- Excess power can be sold back to the grid (if grid-connected).

Benefits of Solar + BESS:

- Provides **energy independence** from the grid.
- Reduces **electricity costs** through self-consumption.
- Offers **longer backup power** during outages.



- 1 Daytime charging**
Solar panels generate electricity and charge the battery.
- 2 Nighttime usage**
The battery supplies power during the night or outages.
- 3 Excess power can be sold back to the grid (if grid-connected).**

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Battery Energy Storage System (BESS) Training Lesson 5: Beyond Batteries - The Next Chapter Natalie

MODULE 3

Beyond Batteries – The Next Chapter



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Thinking errors

We all engage in 'thinking errors' (also called cognitive distortions). Thinking errors are faulty patterns of thinking that cause us to perceive reality inaccurately.

They might convince us of things that are not true. They can be self-defeating. We unknowingly reinforce thinking errors over time because we become so used to them that we don't recognize them.

Thinking errors can negatively impact our emotions and behaviour. They can be a significant factor when dealing with depression and anxiety.

What are the four main thinking errors?



Video presentations

Lesson introductions in E-Learning courses (click to view)



<https://vimeo.com/774519123>



<https://vimeo.com/883904797>