



## **Spark & Stitch Institute Webinar Series**

Presenters: Erin Walsh or Dr. Dave Walsh, Spark & Stitch Institute

These sessions can be scheduled live on a Spark & Stitch hosted Zoom webinar (or client-hosted platform of choice) or delivered asynchronously. If asynchronous, we will deliver a password-protected link with access to the recorded Zoom session/s for thirty days.

### **Webinar series options:**

#### ***Why Do They Act That Way? A Survival Guide to the Adolescent Brain***

Based on the best selling book *Why Do They Act That Way? A Survival Guide to the Adolescent Brain*, this workshop explains exactly what happens to the adolescent brain on the path from childhood into adulthood. Revealing the latest scientific findings in easy-to-understand terms, our guest speakers show why moodiness, risk-taking, and miscommunication are so common – all are linked to physical changes and growth in the adolescent brain. Using this information, you will learn three ingredients for working with adolescents in ways that build on their strengths and gives them the support they need to grow into capable and caring adults.

#### ***Stress and the Learning Brain: Too Much, Too Little, and the Resilience Sweet Spot***

COVID-19 is causing increasing levels of stress and anxiety in students and staff alike. Learn more about the impact of stress on the learning brain and why “too much” stress hijacks academic achievement and why “too little” stress can make students more anxious and risk averse. Learn what educators can do to protect students from the ill effects of stress and nurture practical strategies for resilience.

#### ***iBrain: Learning in an Age of Distractions***

Our reliance on screens has increased as school, socializing, and work move online. One of the most precious and valuable resources that students have today is their attention. Explore the brain science of attention, memory and multitasking in the context of a digitally connected world. Learn more about the distraction economy, the seeking brain, and practical strategies for building focus as children shift their attention between homework, YouTube, texting, and each other.

#### ***The Science of Motivation***

You don't have to go far on the Internet these days to find tips for how to “stay productive” during the pandemic and ideas for how to motivate students despite changing routines and high uncertainty. The reality on the ground though is that productivity and high motivation become more elusive as the pandemic wears on. Understanding the science of motivation can help us keep our eyes on how to nurture it in our students – not just for the sake of getting more done but for everyone's mental health and wellbeing.