

UP for Learning presents

BRAIN-BASED PRACTICES for TEACHING and LEARNING

A Professional Learning Experience

It is now more important than ever before to understand how we learn.

To help meet the needs of our evolving educational landscape, UP for Learning is hosting a series of online training sessions for educators and those partnering with youth in learning experiences that focus on

- ✦ the impact of stress on learning,
- ✦ the power and impact of positive self-talk,
- ✦ and how the brain learns.

The central goal of this series is to better understand how the brain learns and effective brain-based practices and strategies for teaching and learning. Participants will explore the impact of mindset, metacognition and motivation on learning so they can help increase students' potential for learning and life.

Following each live training, participants will be provided with a lesson and resources they can immediately implement with youth to help them become more effective learners in any setting.



Session #1, **October 28: How Stress and Emotions Impact Learning & Strategies to Reduce Stress**

Session #2, **November 4: The Power of a Positive Mindset, Self-Talk, and Response to Errors**

Session #3, **November 11: Understanding and Influencing How the Brain Processes Information**

Session #4, **November 18: Strategies for Effective Remote Teaching & Learning**

All sessions will be held from 4:00- 5:15 p.m. EST

Where? You will receive a link for Zoom after registration. If you are unable to attend at this time, you can register and a recording of the training will be sent to you.

What is the cost? \$350 includes the 4 workshop sessions, a comprehensive resource guide and consultation with UP for Learning faculty

Is credit available? Yes! You may opt for 1 graduate credit through SNHU or a certificate for 15 PD hours.

Register at tinyurl.com/RLBFall2020, or contact Amie Conger at amie@upforlearning.org for more information



Unleashing the Power of Partnership for Learning