

Learning and Behavior: A User's Guide for Parents

4 Session Series - \$225

Tuesday Evenings

Sept. 15, Sept. 29, Oct. 6, Oct. 13

6:15 p.m. – 7:45 p.m.

Facilitated by Lisa Helsel, M.S.

Do you ever wish your child came with a user's guide? Understanding the behavior and learning of children and adolescents can be baffling, especially for the parents of children with behavior or learning challenges. This workshop is designed to give parents insight into how the brain works and provide them with strategies to help their child become a successful, self-regulated individual.

Session Highlights:

❖ How the Brain Learns

The last few decades have brought an explosion of information about how the brain learns and sheds light on differences that may exist in the minds of students who struggle. Parents will learn about the latest research on how the brain learns and discuss the implications for education. They will also develop strategies for helping their child see the brain as a tool that, with practice, can be used more efficiently.

❖ Fixed vs. Growth Mindset

A growth mindset is the belief that intelligence or skill can be grown or developed with persistence and focused effort. Parents will examine their own mindsets and suggest simple changes that can be made to nurture children who believe in their abilities and look at failure as an opportunity to grow.

❖ Executive Function

Executive function is comprised of a large set of skills that enable children to plan, focus their attention, remember instructions, and successfully manage tasks. Parents will gain understanding of the developmental sequence of executive function and examine how these skills play into success in the classroom. Parents will walk away with suggestions of activities and routines that can help strengthen executive function at all ages.

❖ Fostering Self-Regulation

Self-regulation is the ability to set a goal and manage the strategies, thoughts, and emotions needed to meet that goal. Whether it is powering through a to-do list, meeting a deadline on an assignment, or effectively training for a sporting event, successful individuals rely on self-regulation every day. Parents will explore the development of academic and behavioral self-regulation in children and create structured plans to enhance self-regulation of a variety of school and home related tasks.



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Space is limited to 10 participants.
Call 864-569-7768 to register.