



Attention Please

WHY ATTENTION MANAGEMENT IS THE MOST ESSENTIAL 21ST CENTURY SKILL

Today's students are spending increasing amounts of time plugged in to digital devices, both at home and school. They're using tablets, smartphones, laptops, TVs and gaming consoles (often simultaneously!). What impact is this multi-tasking having on their learning and wellbeing?

Alerts, notifications, reminders, calls and social media all demand our kids' attention. If they cannot manage these distractions, or if they're incapable of directing their attention, they will struggle in a digital world.

Many teachers are reporting a decline in students' attention spans- they're concerned that students' attention is being *constantly* hijacked by technology. Today's kids jump in and out of apps, send SMS, have multiple browsers open, complete their maths homework, all whilst listening to music.

Whilst most kids think they're effective multi-taskers, the research conclusively tells us they're not! This continuous partial attention is compromising their learning, it's having implications on their emotional wellbeing and is even jeopardising their physical health.

Banning technology isn't the solution. Instead, we need to teach our kids how to manage technology in healthy and helpful ways. In this practical student workshop Dr Kristy will equip students with research-based practical strategies to manage their attention (without telling them they need to give up their smartphone, or stop using the iPad).

In this practical workshop, Dr Kristy explores:

// why attention management is a vital 21st Century skill;

// how students' attention spans are being sabotaged by screens;

// why multi-tasking is a myth (practical experiments will allow students to come to this conclusion first-hand);

// the learning, emotional and physical costs of multi-tasking; &

// simple strategies to manage attention spans at home and school.



Dr Kristy Goodwin is a leading children's digital wellness expert, researcher, author & former teacher. She translates the latest research into essential and digestible information and tips, for students so that they can navigate the digital terrain safely and with confidence... without suggesting that kids need to give up their mobile devices or abstain from using technology.

Workshop Details:

Suitable for: students from Years 5- 10

Fee: \$1200 +GST /1-hour workshop

\$2200 +GST for 2 x 1-hour workshops

Basic School Package- \$3200 + GST includes your choice of TWO of the following services: 2 x 1-hour student workshops; OR 1 x 1.5-2 hour staff professional learning session; OR 1 x 1.5-2 hour parent seminar (on same day).

Advanced School Package- \$4200 + GST includes (i) 1 x 60 minute student workshop, (ii) 1 x 1.5-2 hour staff professional learning session and (iii) 1 x 1.5-2 hour parent seminar (on the same day).

Comprehensive School Package- \$5200 +GST for 3 x 1-hour student workshops, 1 x 1.5-2 hour staff professional learning session, 1 x 1.5-2 hour parent seminar (on same day).