

Attention Management: The Essential 21st Century Learning Skill



WITH

Dr Kristy
GOODWIN

Many professionals working with students have reported a decline in their attention spans. In this practical seminar Dr Kristy outlines why attention management is THE most critical 21st Century learning skill. Kristy provides concrete examples of how students' attention spans are being hijacked by technology and the impact on their learning and mental health. Multi-tasking, alerts, notifications and social media are digital distractions that our students must tame to be effective learners in a digital world. Kristy provides professionals with a series of experiments and activities they can complete in class with students to demonstrate the costs of multi-tasking and fractured attention spans. Dr Kristy will explore the learning, emotional and physical costs of multi-tasking and most importantly arm professionals with practical strategies to implement in the classroom to help students manage their attention (and subsequently improve learning outcomes and mental health benefits).

PROFESSIONAL LEARNING SEMINAR

DURATION Teacher professional development seminar (1.5-2 hours)

SUITABLE FOR Teachers of 5-16 year olds (Kristy is an accredited provider with NESAs)

PACKAGES Stand-alone teacher professional learning seminar or part of School's Package, or delivered as a webinar

BOOKING enquiry@drkristygoodwin.com



Dr Kristy Goodwin is one of Australia's leading digital learning and wellness experts, researchers, speakers and authors. Kristy is a former teacher and parent herself who understands that digital abstinence *isn't* the solution for kids and teens! Kristy translates the research from a range of disciplines into practical, digestible and essential information for educators, carers and health professionals. Kristy explains how technology is impacting and shaping today's childhood and adolescence and what professionals can do to cater and compensate for their plugged-in childhoods. Kristy's previous clients include the NSW Department of Education, National Broadband Network, Apple, Nickelodeon channel, Optus and hundreds of public and private schools throughout Australia and Asia.

