

Attention Please



WITH
Dr Kristy
GOODWIN

Alerts, notifications, reminders, calls and social media can all hijack our students' attention. If they cannot manage these distractions, or if they're incapable of directing their attention, they will struggle in a digital world. In this practical 60-minute student workshop, Dr Kristy explains why attention management is THE most vital 21st Century skill. She shows students how their attention spans are being sabotaged by technology and why multi-tasking is a myth (practical experiments will allow students to come to this conclusion first-hand). Dr Kristy shares stories and videos to highlight the learning, emotional and physical costs of multi-tasking and shares a wealth of simple strategies to help students manage attention spans at home and school. This workshop suitable for students in upper primary and secondary school.

STUDENT WORKSHOP DETAILS

DURATION	60 minute workshop
SUITABLE FOR	Student workshop for kids aged 10-17 years (upper primary and secondary students)
PACKAGES	Stand-alone student workshop or part of a School's Package
BOOKINGS	enquiry@drkristygoodwin.com



Dr Kristy Goodwin is a former teacher, digital wellness expert, speaker and researcher (and a mum who understands that digital abstinence *isn't* a solution). She helps students make informed choices about their digital habits, to ensure that their learning, health and wellbeing aren't compromised by technology. She delivers practical student workshops that explicitly detail how digital devices can be used in healthy & helpful ways...equipping kids with essential ideas and strategies to ensure that they develop lifelong, healthy technology habits.



ABBOTSLEIGH



SHORE
Sydney Church of England Grammar School

