Dr Kristy Goodwin is one of Australia’s leading digital learning and wellbeing educators, researchers, speakers and authors. Kristy is a former teacher and parent who understands that digital abstinence isn’t the solution for kids and teens and instead shares practical and realistic advice about how to best navigate kids’ digital world! Kristy has spoken at and consulted with hundreds of public and private schools throughout Australia and Asia, is an active researcher in the field, and delivers keynote addresses in Australia and internationally.

Taming Digital Distractions
why attention management is THE most essential 21st Century skill

Many professionals working with students have reported a decline in their attention spans. In this practical keynote 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. Kristy explains the three reasons why students are vulnerable to distractions. 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 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).

KEYNOTE DETAILS

DURATION
60-90 minute keynote

SUITABLE FOR
Educators and health professionals working with children aged 10-17 years (content of keynote is tailored to suit the needs of the audience). Kristy is an accredited provider with NESA (this keynote can count towards registered TPL).

BOOKING
enquiry@drkristygoodwin.com

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