

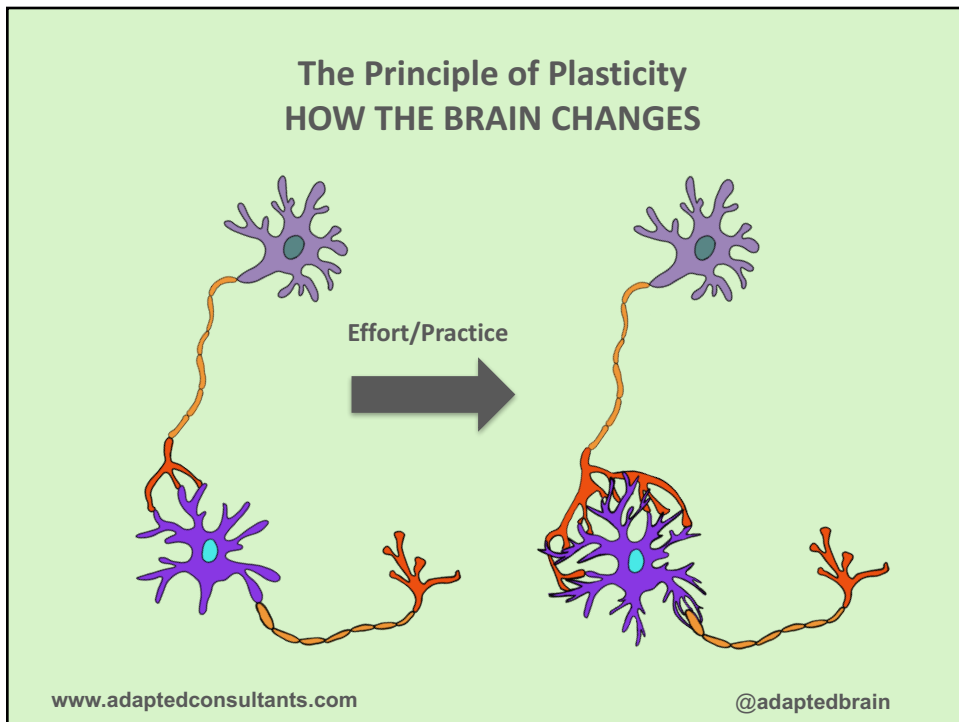
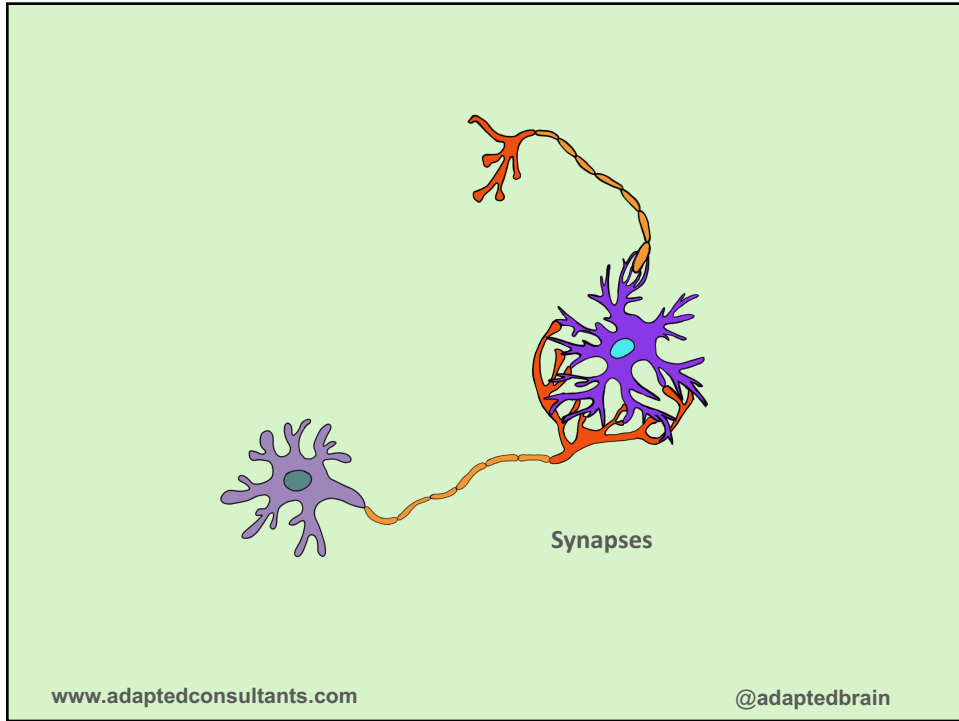
Building a Brain-Aware Culture
Managing Stress and Building Community
Kelly Kent, Ph.D.
Anne-Marie Cziko, Ph.D.

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What happened?



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“Wow! This is hard, but practice makes my neurons grow!”



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Draganski et al., 2004

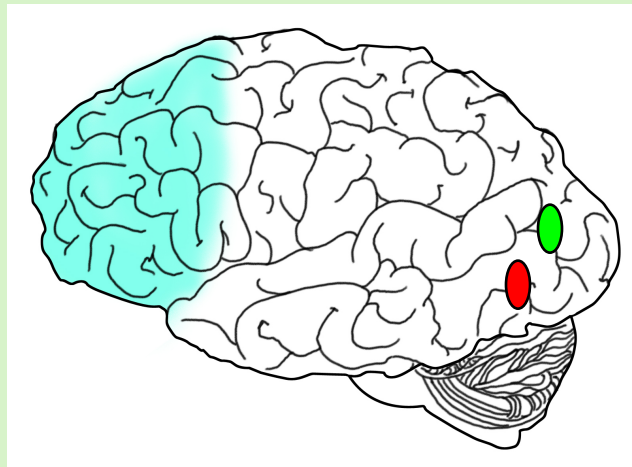
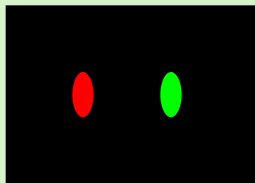
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Understanding How Emotions Effect Our Attention

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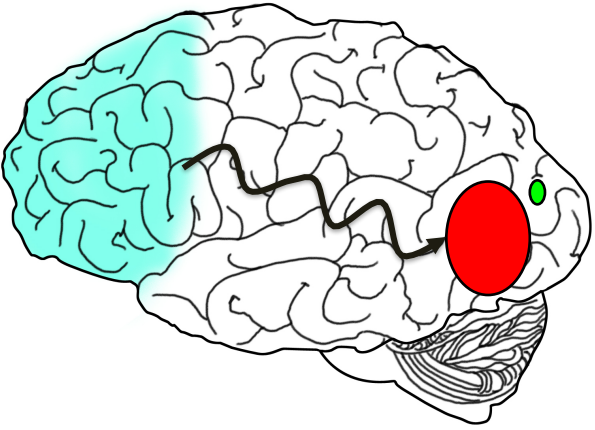
What is attention ?



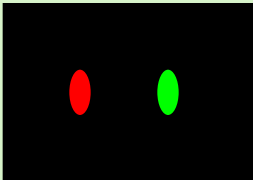
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Representation in the brain

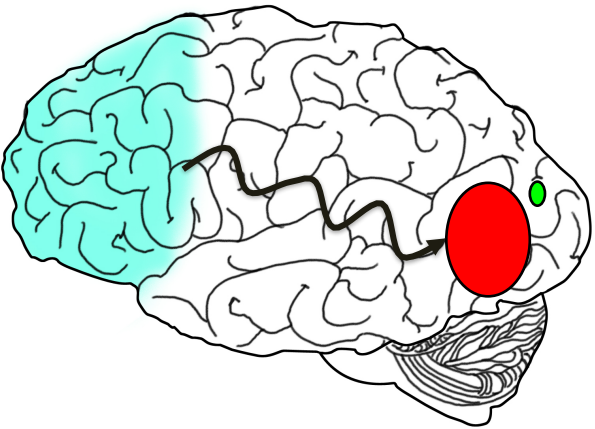


Focus on the RED oval

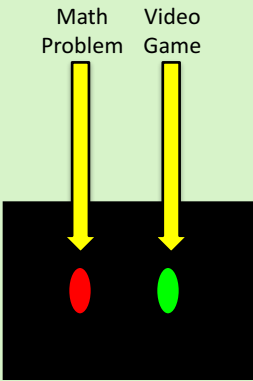


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Math Problem Video Game



Focus on the RED oval



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Attention and working memory



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$$P = \left[\frac{C_1 + C * \left[\frac{1}{R} - \frac{1}{R * (1 + R)^{K-1}} \right] + \frac{VN}{(1 + R)^{K-1}}}{[1 + R]^{1 - \frac{d}{28}}} \right] - I_{dev}$$

"Bonds D" by Banco de México

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$$2 + 2 = 5$$

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Fear can be easily learned

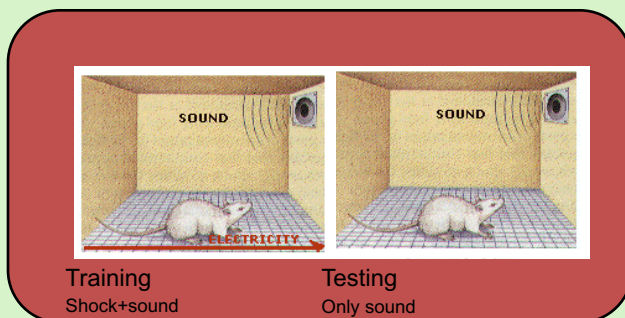


Image: Roberto Osti, Scientific American

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Flight or Flight Response is Unconscious



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- 4 F response mediated by amygdala
- Brain and body both participate in stress response
- The fear response can be learned
- The fear response can be unconscious

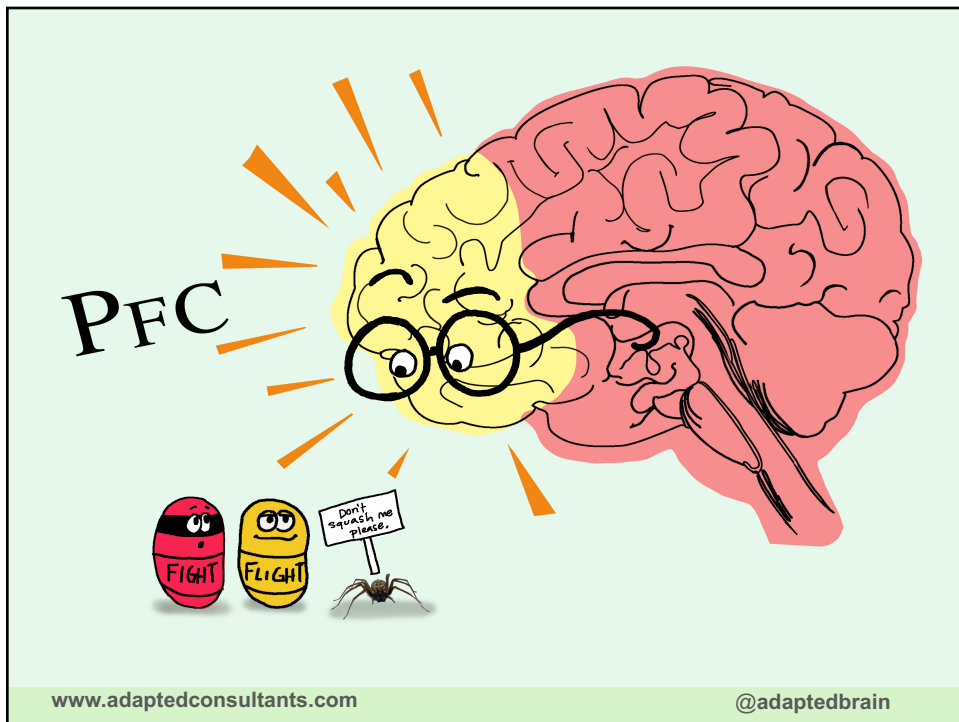
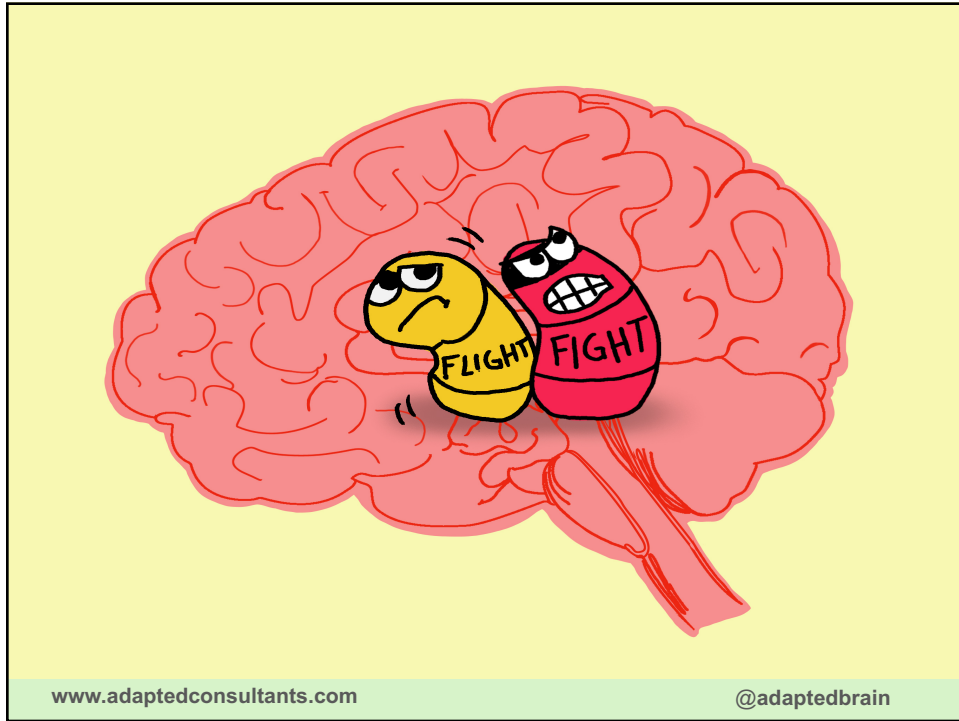
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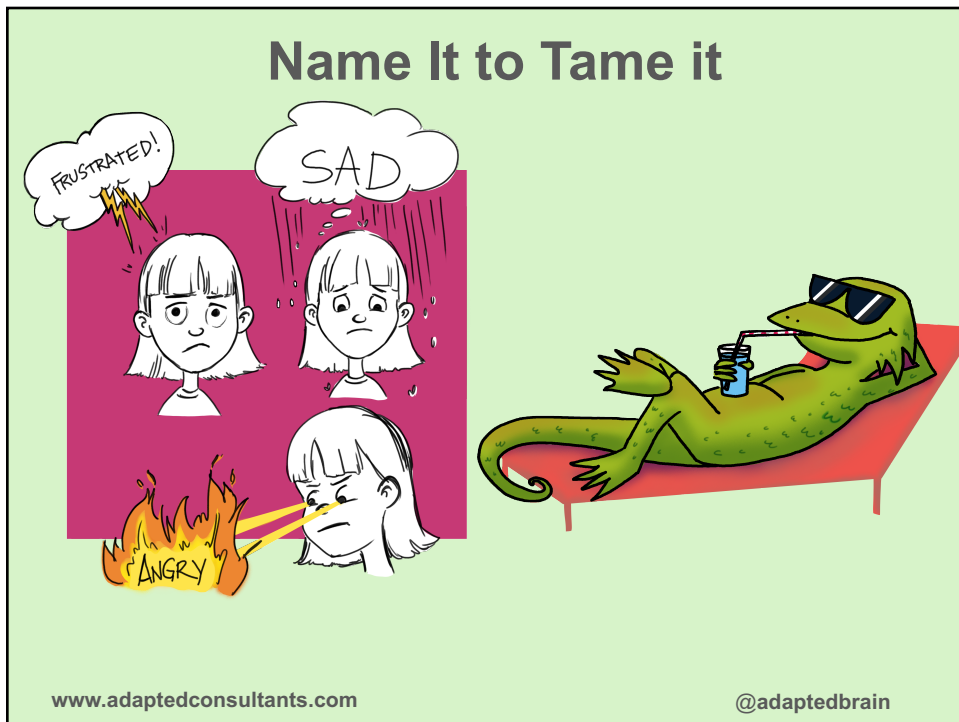
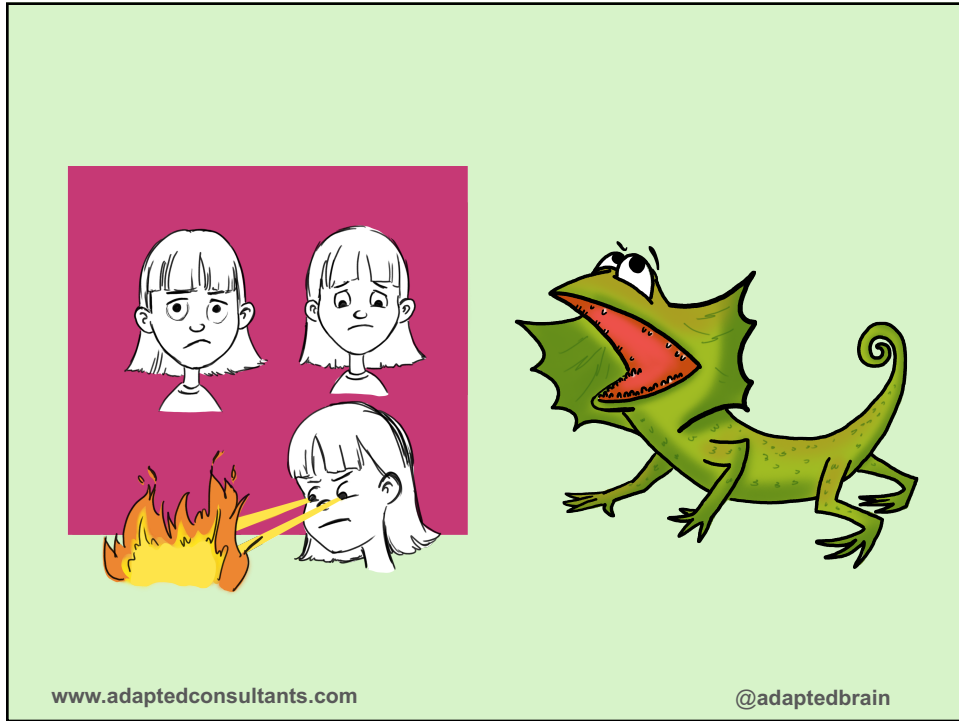
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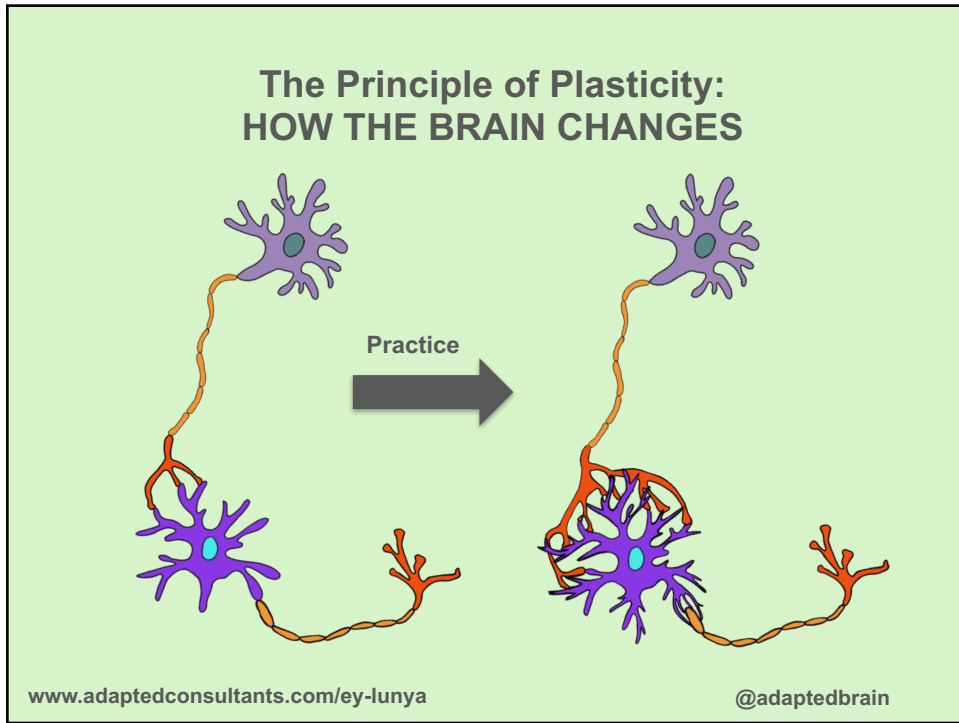


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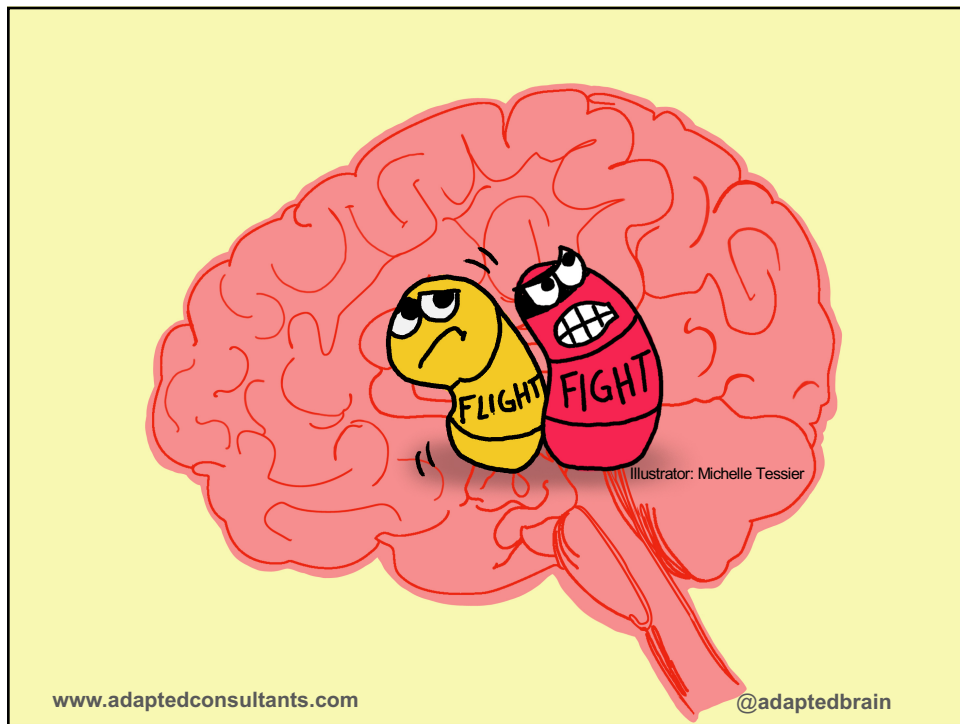
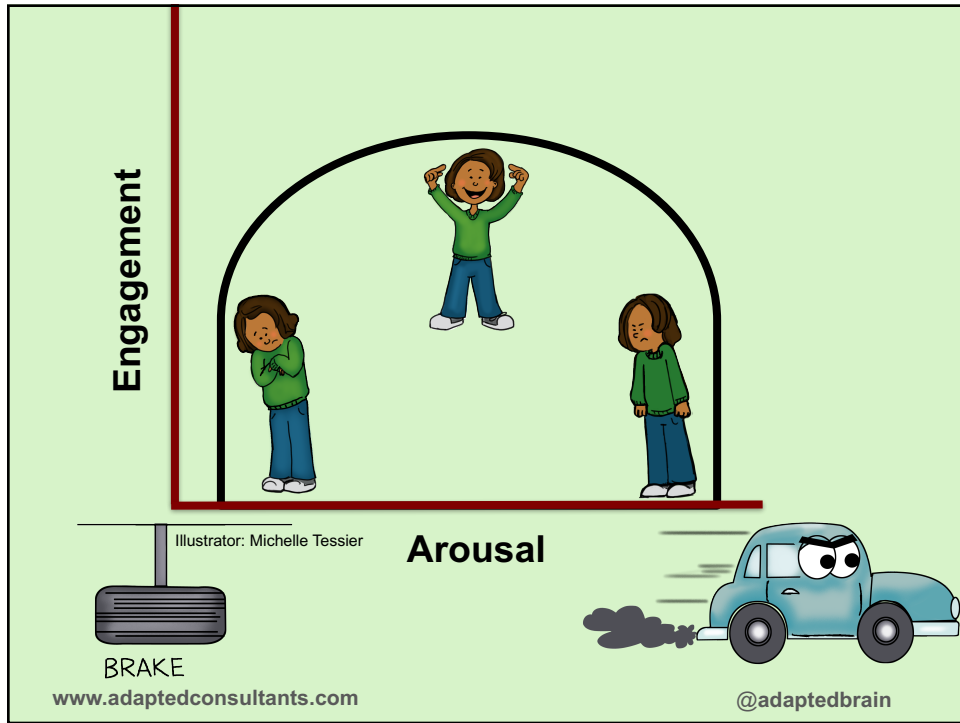
Talk to Students About Emotions

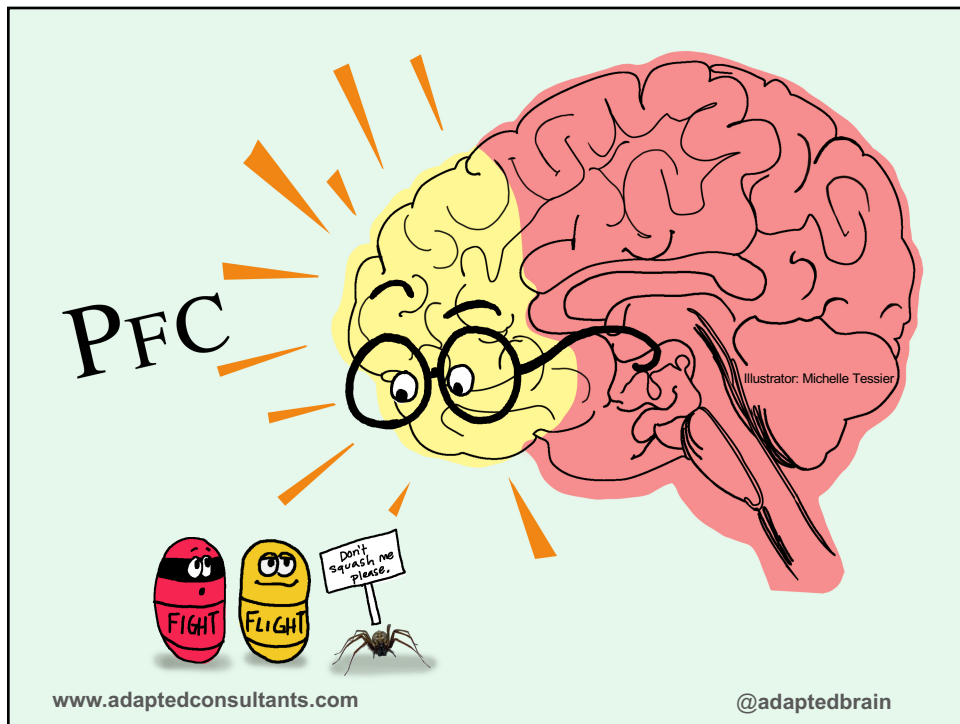
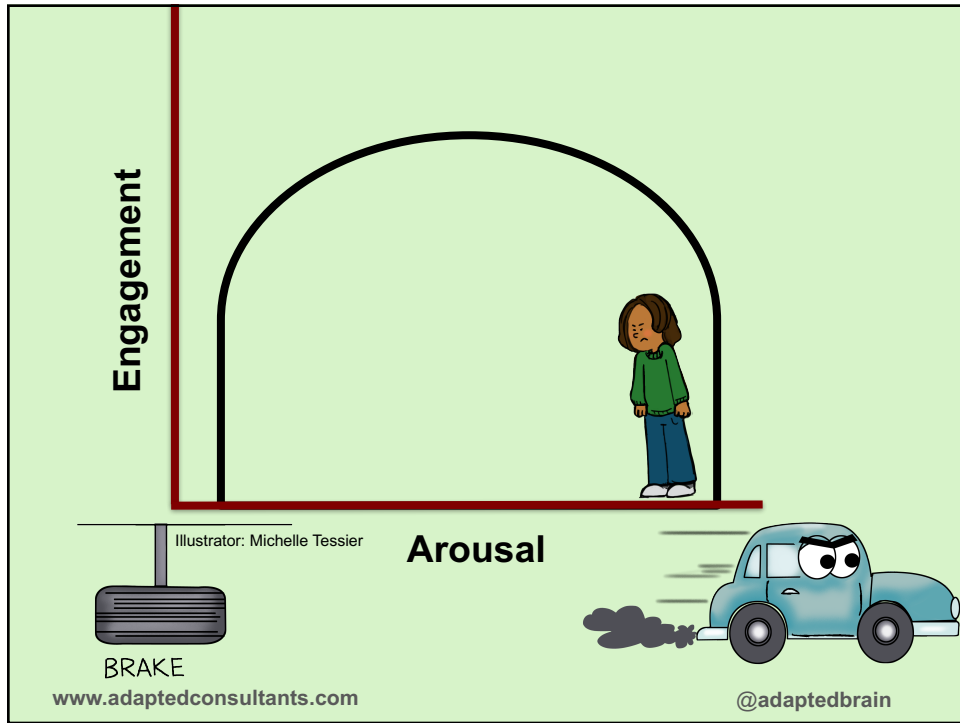
Puppet Show/Lizard Brain Posters

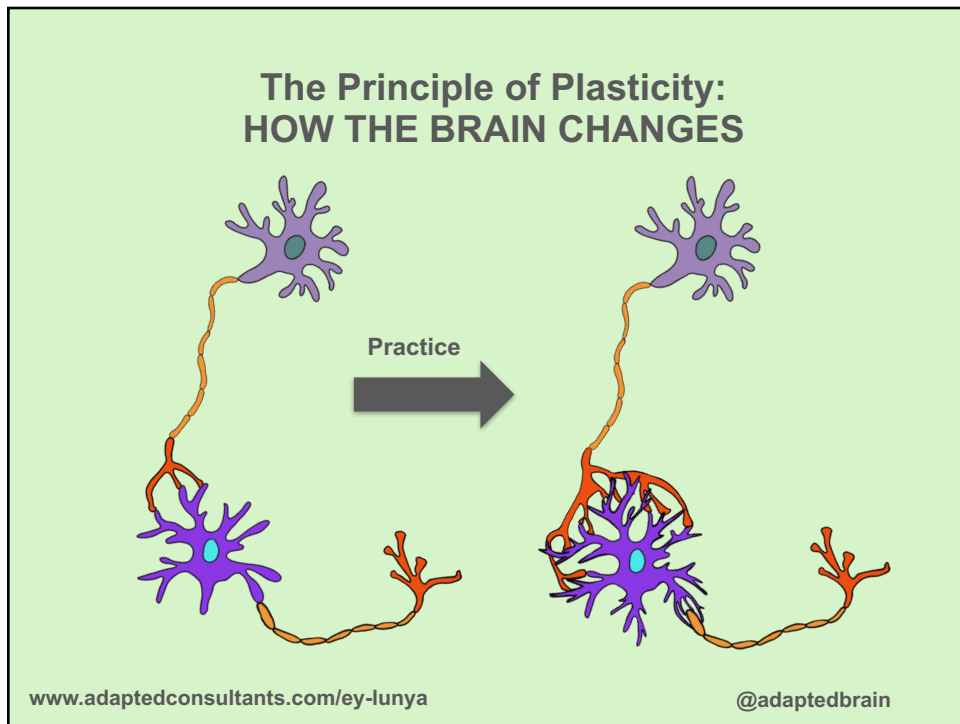
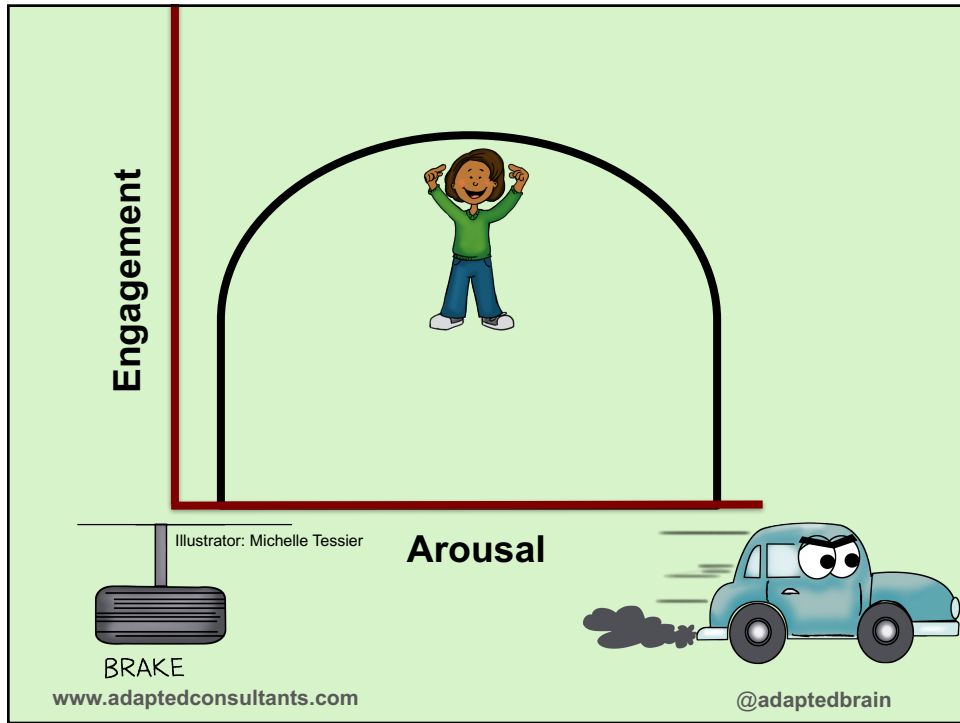
Huff Po Anxiety Infographic

Accelerator and Brake









Be aware of your child's stress/arousal level



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Talk to Students About Emotions

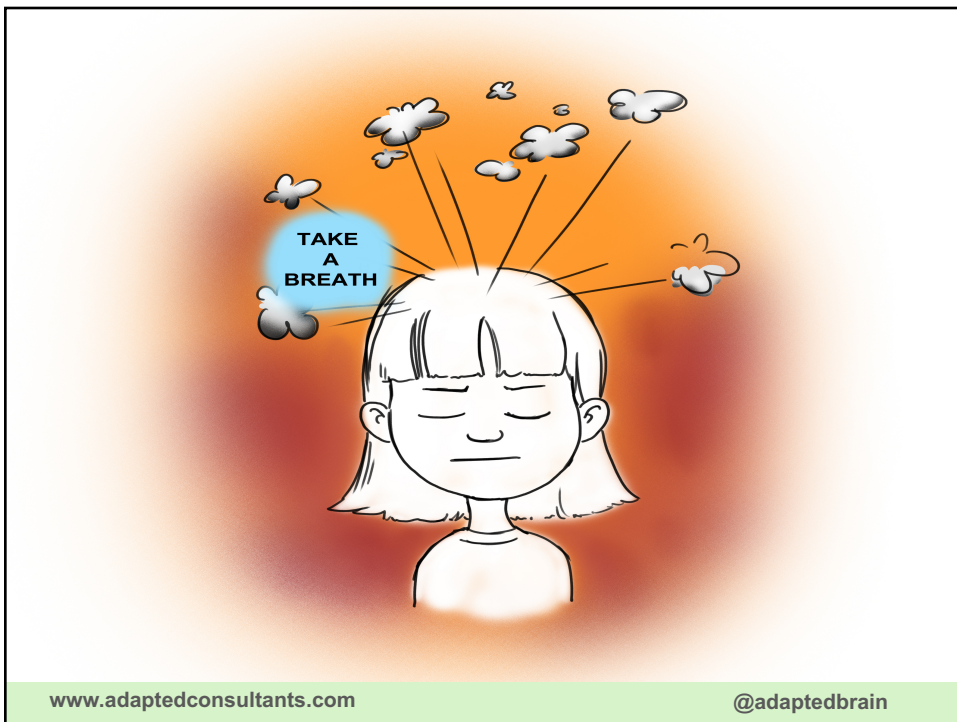
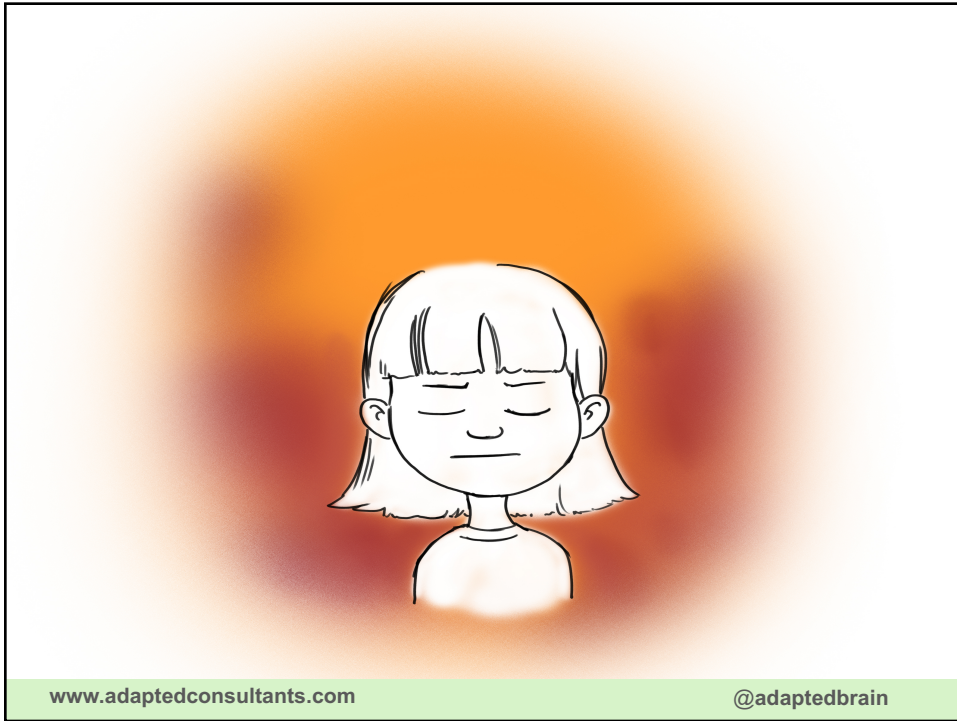
Puppet Show/Lizard Brain Posters

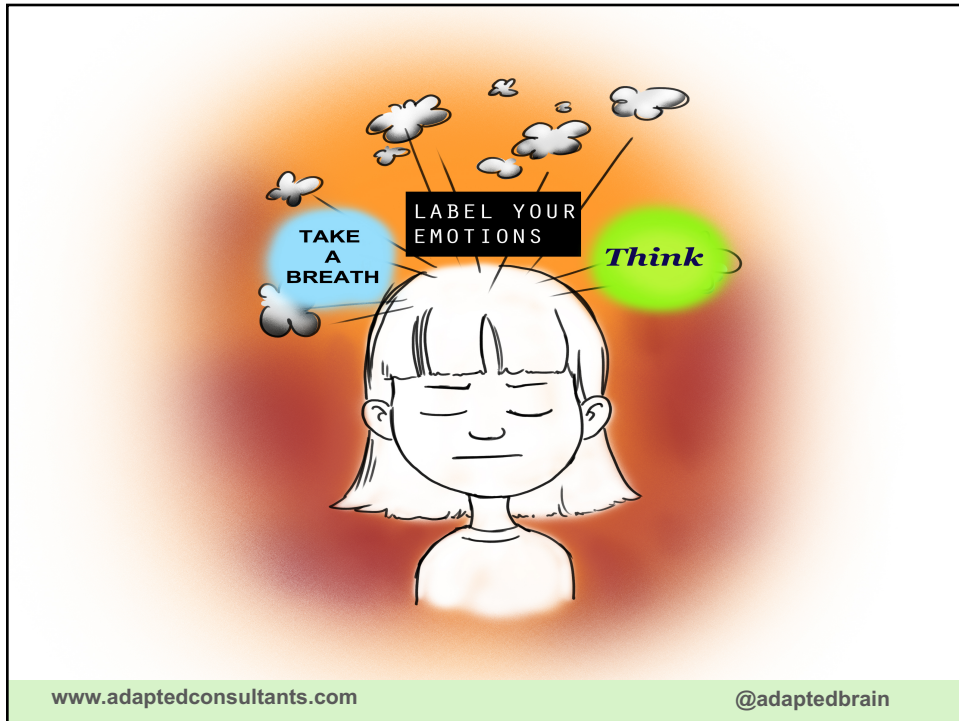
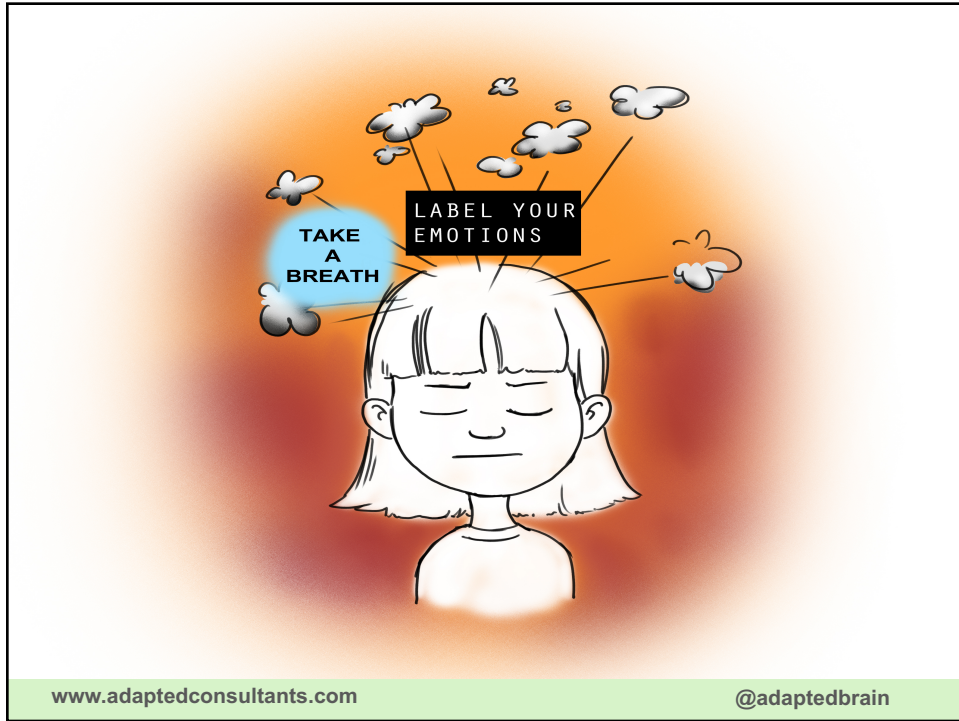
Accelerator and Brake

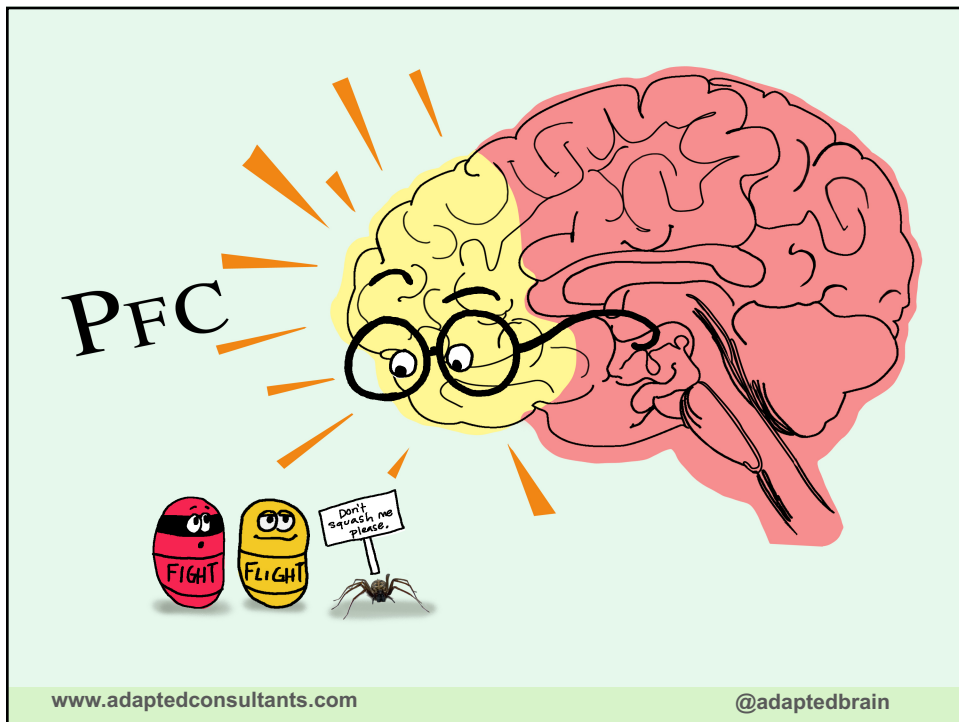
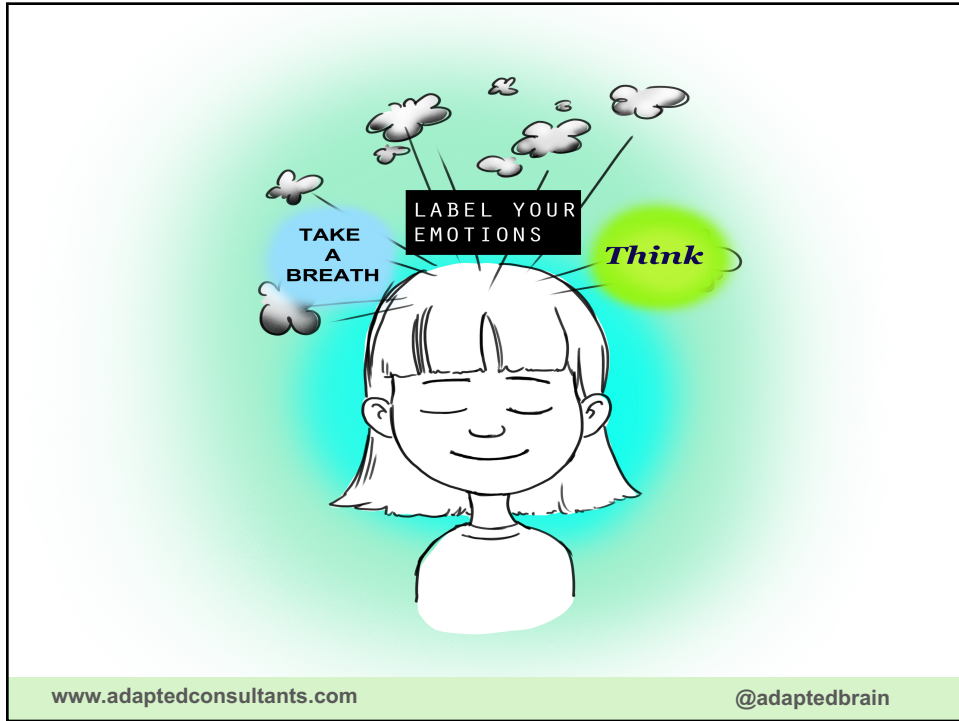
CBT

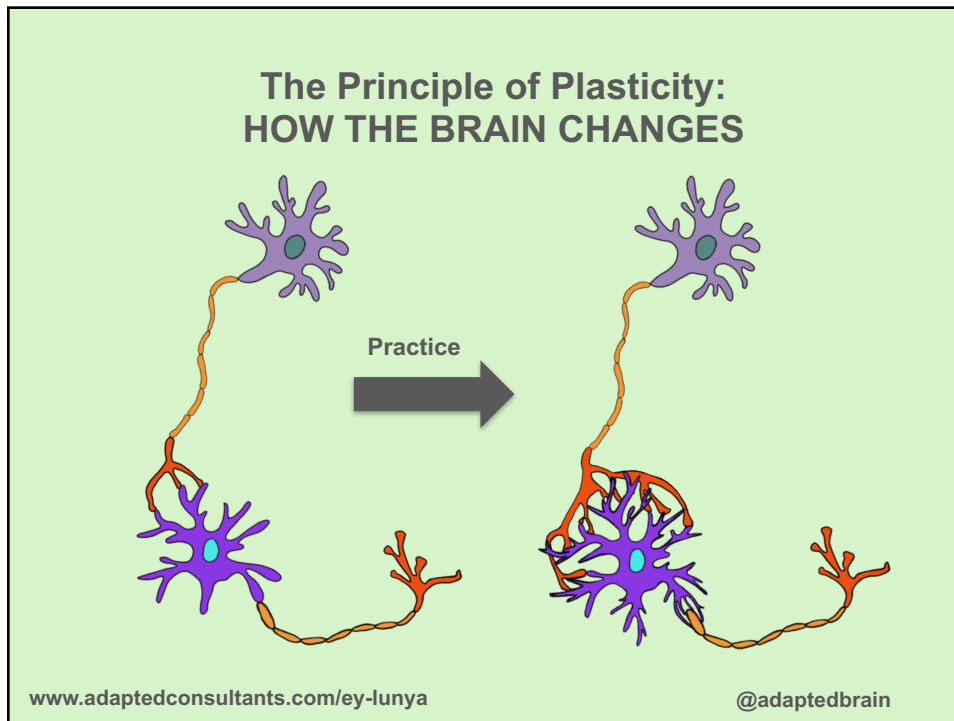
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**Why Emotional Regulation is
Imperative for Academic Success**

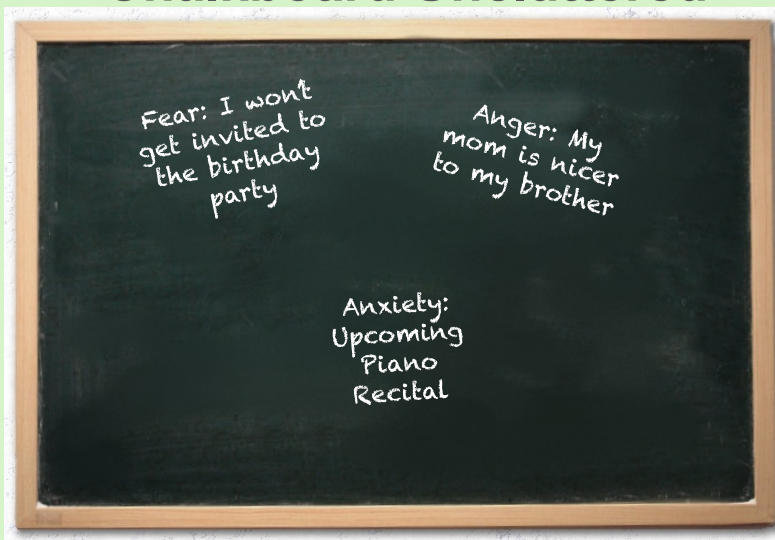
Attention and working memory



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Emotional Regulation Keeps the Chalkboard Uncluttered



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Understanding Why Connection Matters

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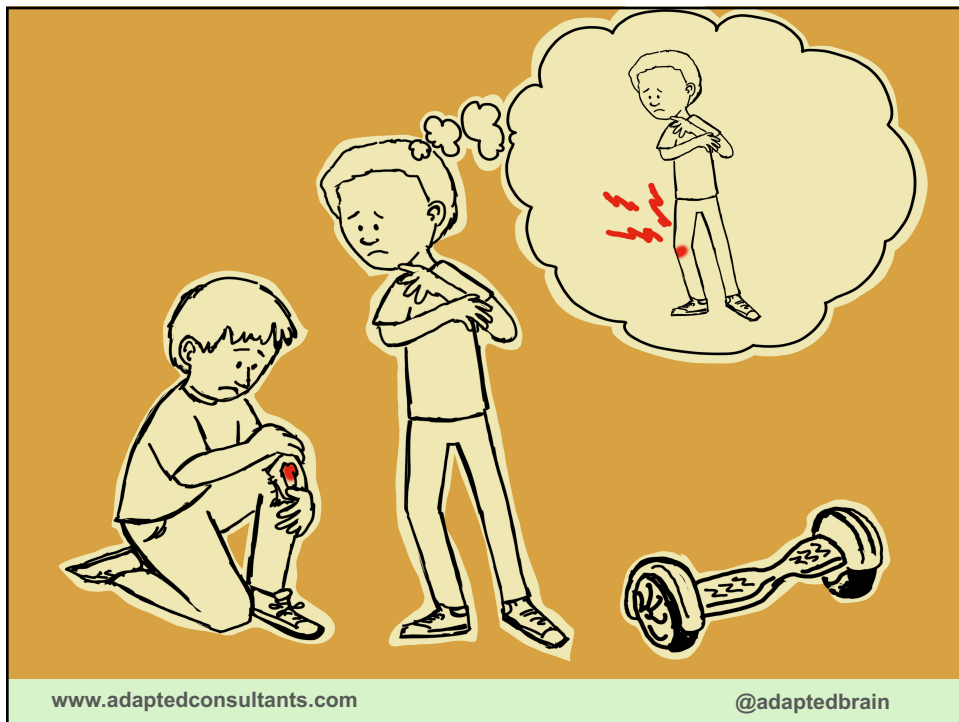
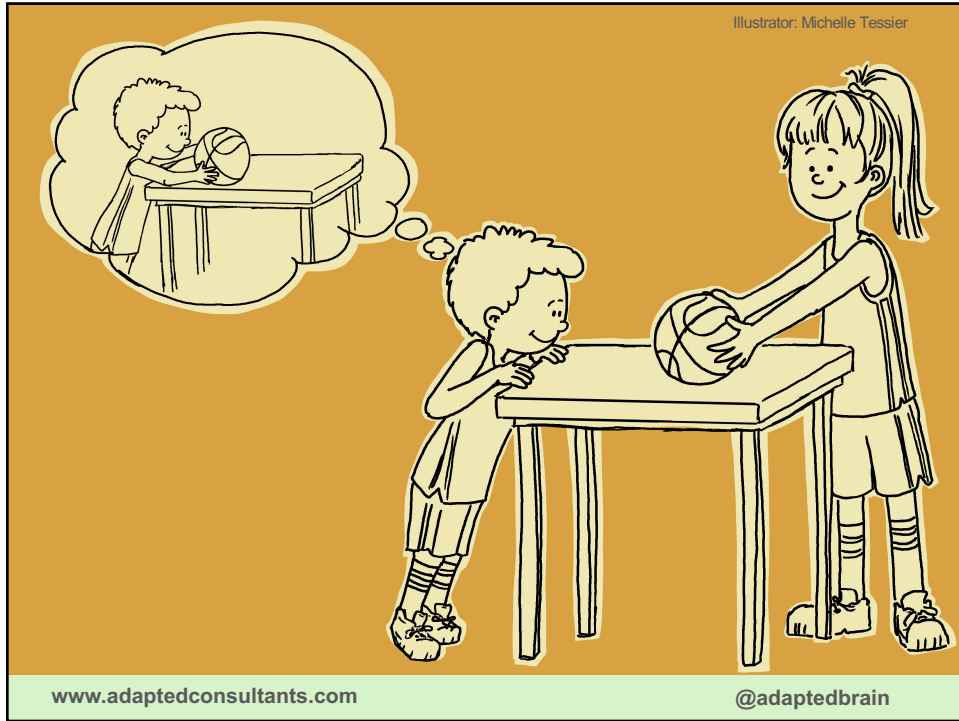
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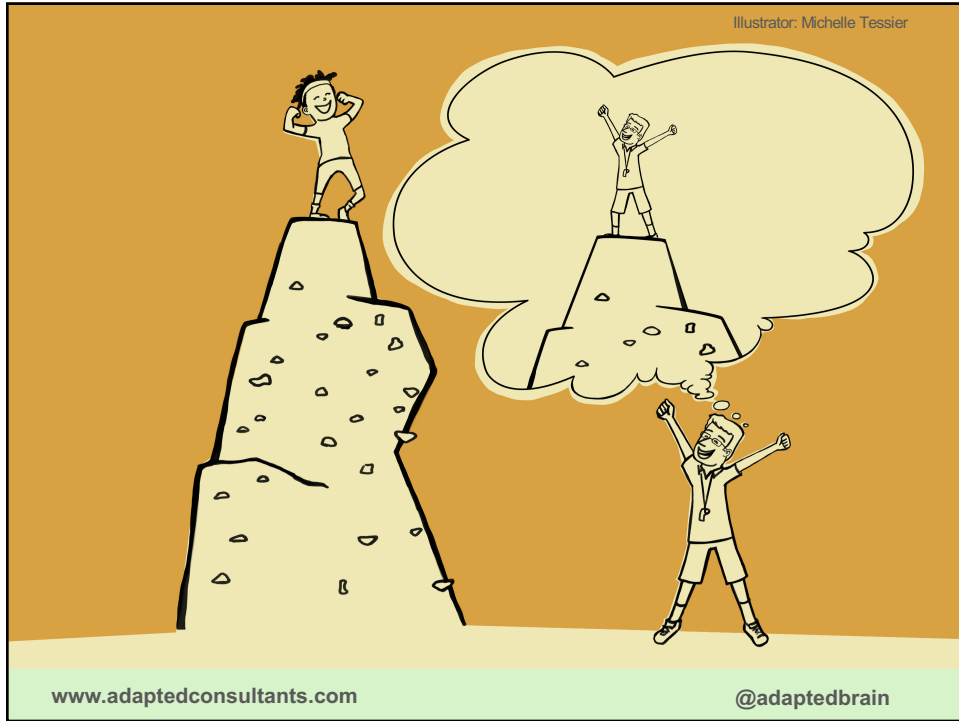
Our brain is wired to be social

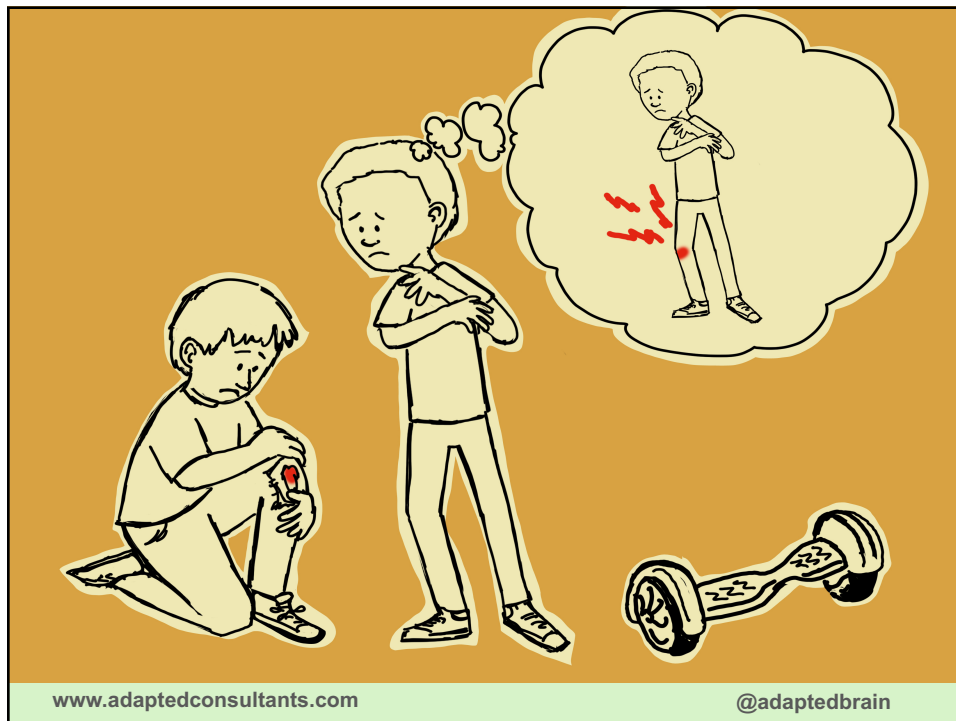


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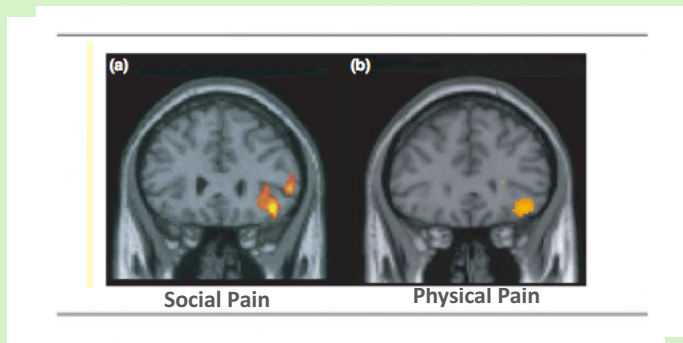
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Social exclusion is painful



Eisenberger & Lieberman, 2004



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Emotional Regulation Keeps the Chalkboard Uncluttered



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Oxytocin



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