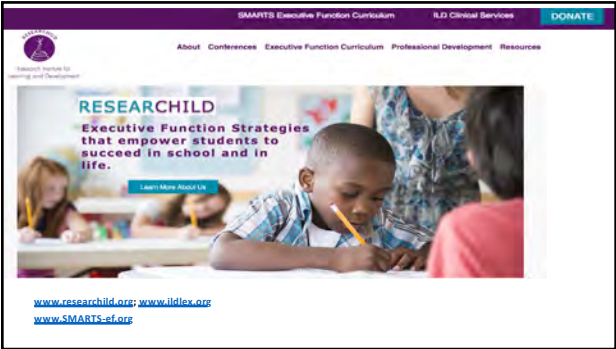
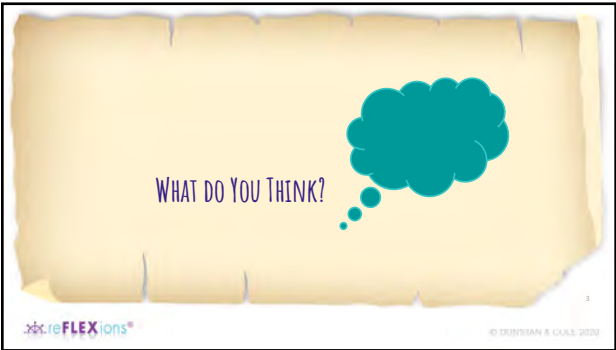




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TODAY'S PRESENTER



DR JULIE DUNSTAN
Developmental Psychologist & Changemaker

Neuro-developmental assessments
Student, professional & organizational growth
Author: children's stories, educator/family resources
Specializations: Early Childhood, LD, metacognition, EF processes, mindsets

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SPECIFIC SKILLS?




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WHO ARE WE?

- Multiple Disciplines, Multiple Perspectives
- Created in response to the changing needs of learners in uncertain times

Mission: to build flexible mindsets that equip learners with the tools they need to respond resiliently and adaptively to adversity and uncertainty

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TODAY'S EXPLORATION

1. Stress & the Brain – meet Jelani

2. Review definitions of EF processes

3. Reducing stress by building trusting relationships

- Mistakes, mishaps & misconceptions
- Strategy-based feedback



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1. STRESS & THE BRAIN



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"ANXIETY IS FEAR, FEAR IS THE MEMORY OF DANGER"

- JOHN RATEY

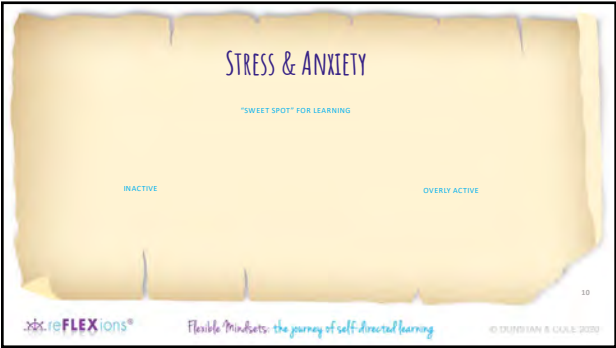
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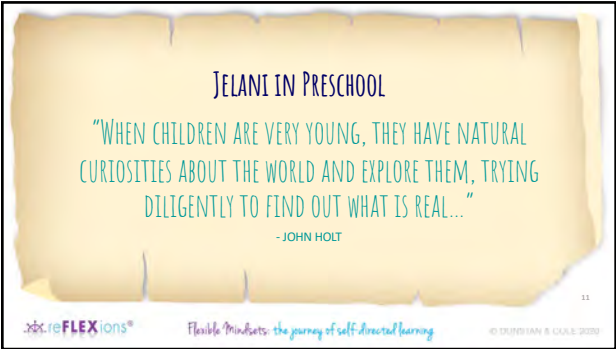
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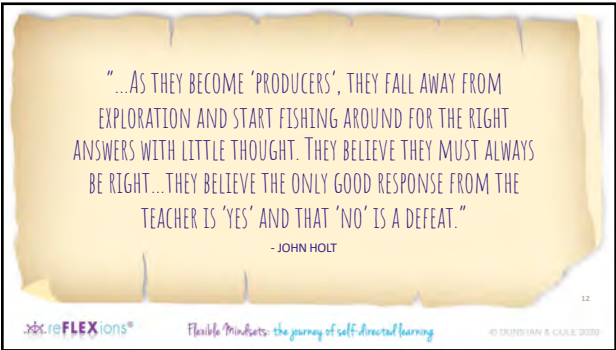
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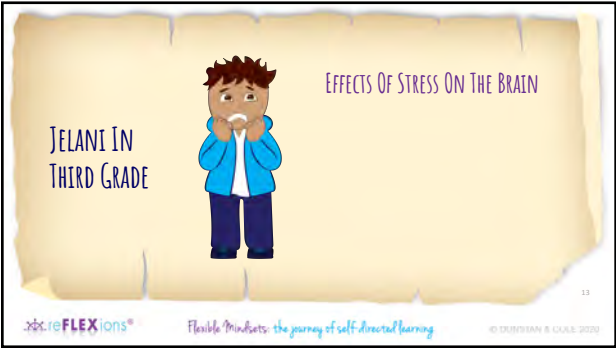
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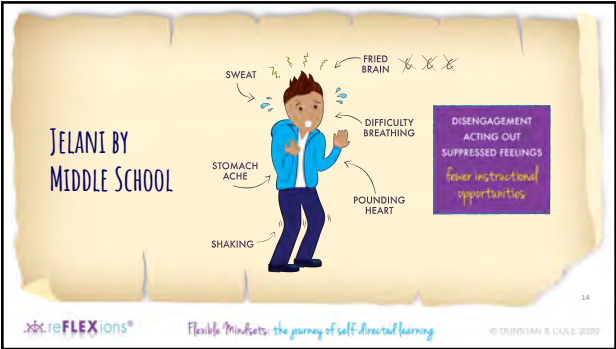
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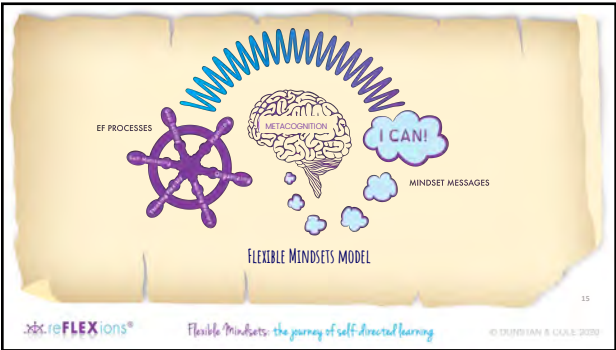
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2. EXECUTIVE FUNCTION PROCESSES

The tools we use when we identify a goal, use what we know to figure out what to do and make it happen

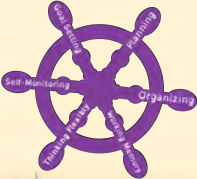
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EXECUTIVE FUNCTION PROCESSES



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STRATEGIES FOR SUCCESS!



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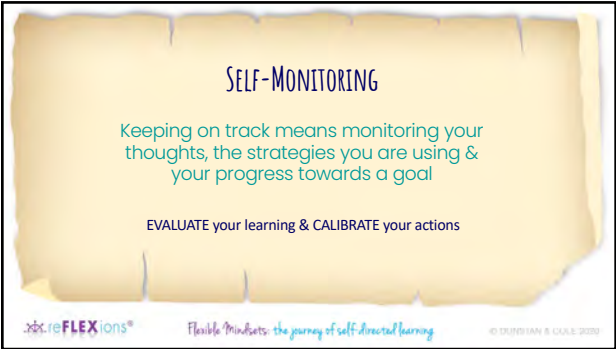
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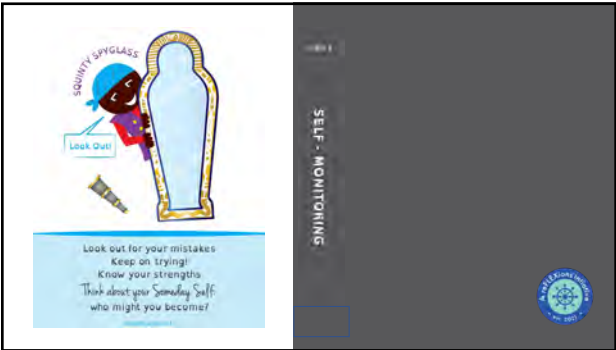
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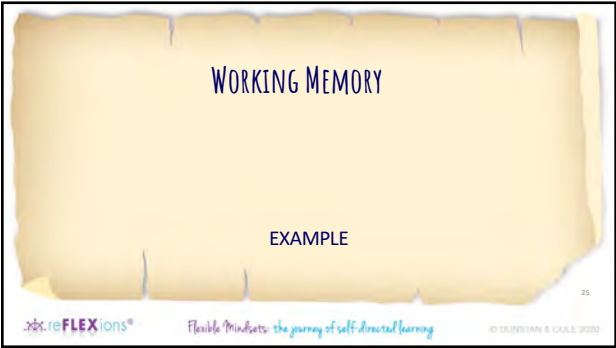
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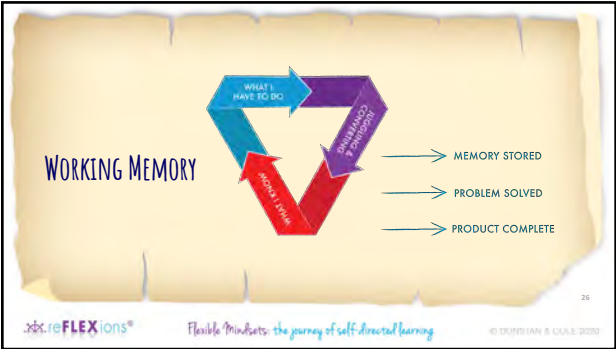
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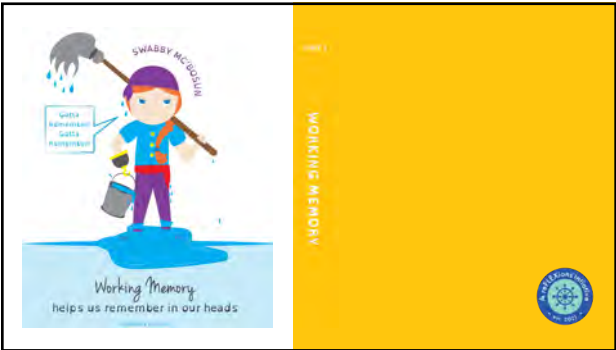
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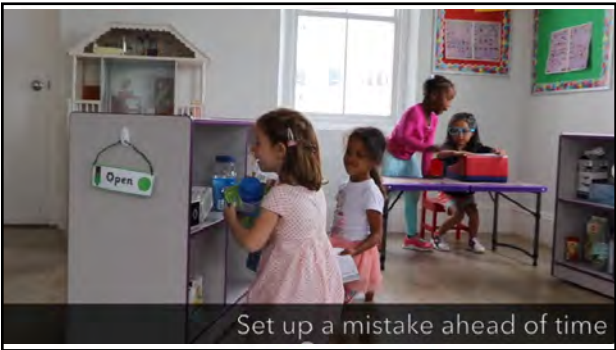
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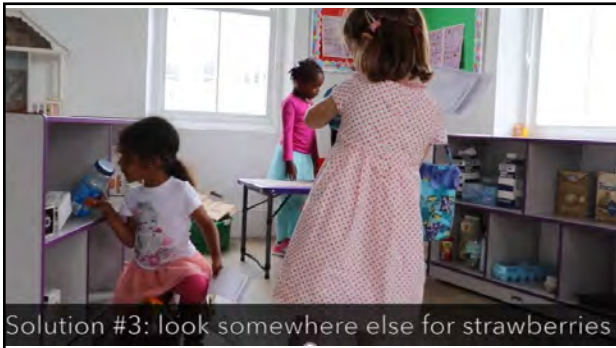
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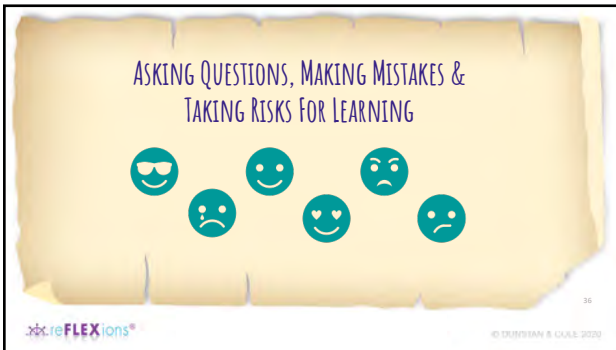
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MAKING MISTAKES & THE BRAIN

PART II:

- TBI scale - growth (intelligence is malleable) or fixed (intelligence is stable)
- Pe - (error response positivity) - allocation of conscious attention to mistakes
- Pe - associated with post-error accuracy

AFTER A MISTAKE	GROWTH MINDSET	FIXED MINDSET
DIVERTING MORE ATTENTION TO ERRORS	✓	✗
MAKING FEWER ERRORS	✓	✗

Moser et al, 2011

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TEACHING PRESCHOOLERS ABOUT MISTAKES

What is a mistake?

Angela: "Ido you knock someone's food over"

Jeremiah: "When you spill someone's drink and the glass goes broke"

Alexis: "I said I didn't want you and you didn't"

Tamara: "It's a mistake is when you accidently hurt someone or the furniture"

Jayley: "When you drop something in the water"

What are some solutions?

- get more - make a meal - bring some

- clean it up - get a new cup - get more

- get a new cup - get a new cup

- say you sorry - help them up - get a band aid and ice cream



- use a mop - use a bucket - use a sponge

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TEACHING PRESCHOOLERS ABOUT MISTAKES



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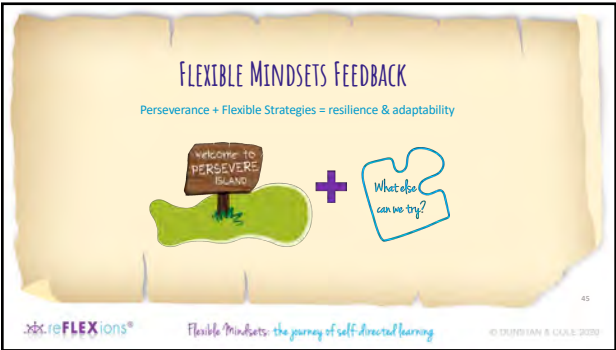
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FLEXIBLE MINDSETS FEEDBACK: "NOT YET" TO "THERE"

Smart people aren't Born – they're Built (Chat)

FIXED MENTALITIES MESSAGE	I CAN MINDSET MESSAGE
THIS JUST ISN'T WORKING. I GIVE UP.	
THIS IS TOO HARD!	
THIS WAS EASY - I DID IT IN NO TIME.	
I CAN'T DO THIS.	
I'M NOT GOOD AT MATH. ALL I DO IS MAKE MISTAKES.	

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FLEXIBLE MINDSETS FEEDBACK

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IDEAS FOR PONDERING (CHAT)

The next time I am with my students, I will
teach them directly about mistakes by...
OR reframe my feedback by...

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Listen to the MUSTNTS, child,
Listen to the DONTs
Listen to the SHOULDNTs,
the IMPOSSIBLES,
the WONTs
Listen to the NEVER HAVES
then listen close to me
Anything can happen, child,
ANYTHING can be

- SHEL SILVERSTEIN


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THANK YOU!

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THANK YOU!

Questions, comments, next steps?

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