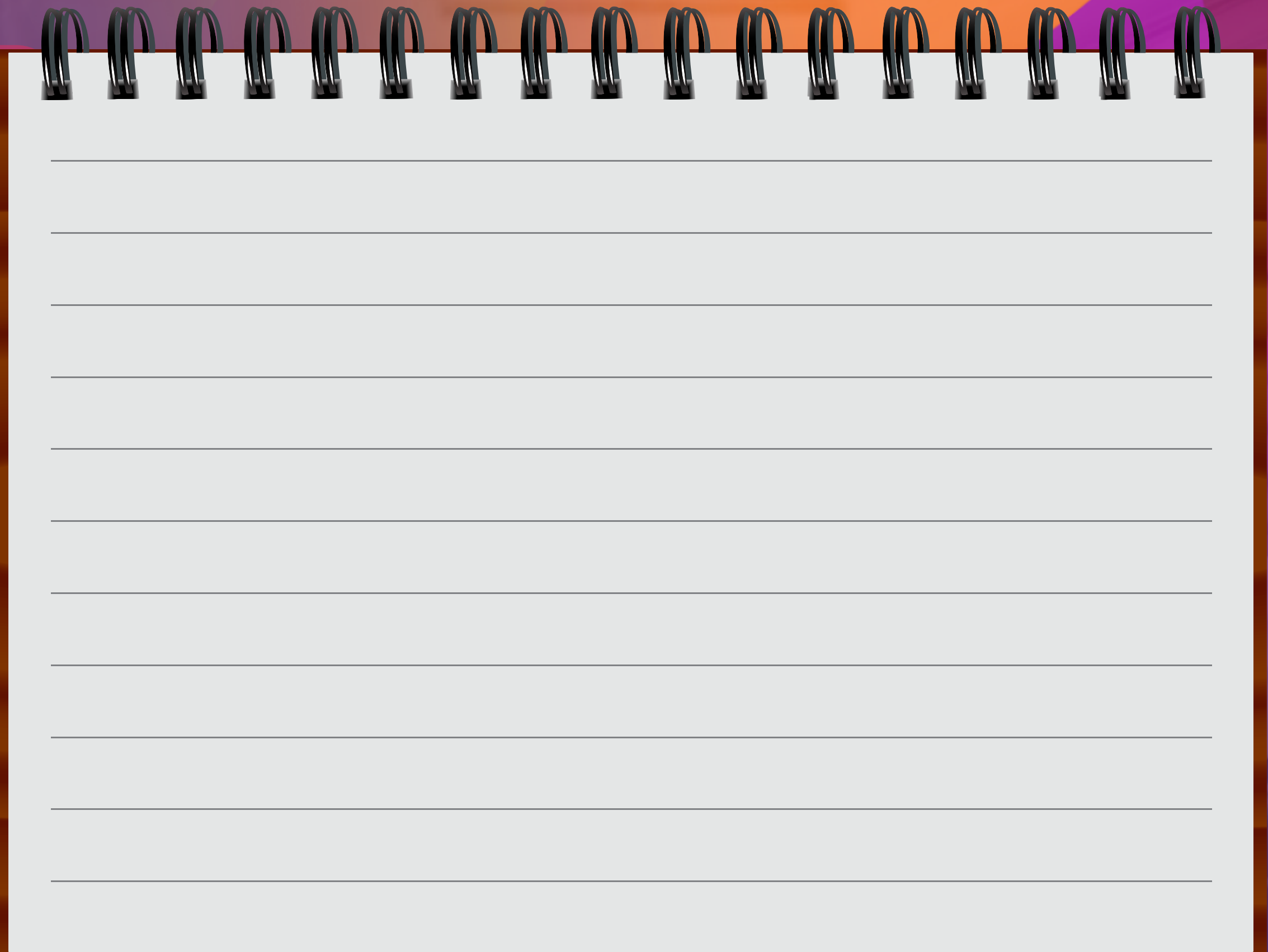


RESILIENCE AND PRESSURE

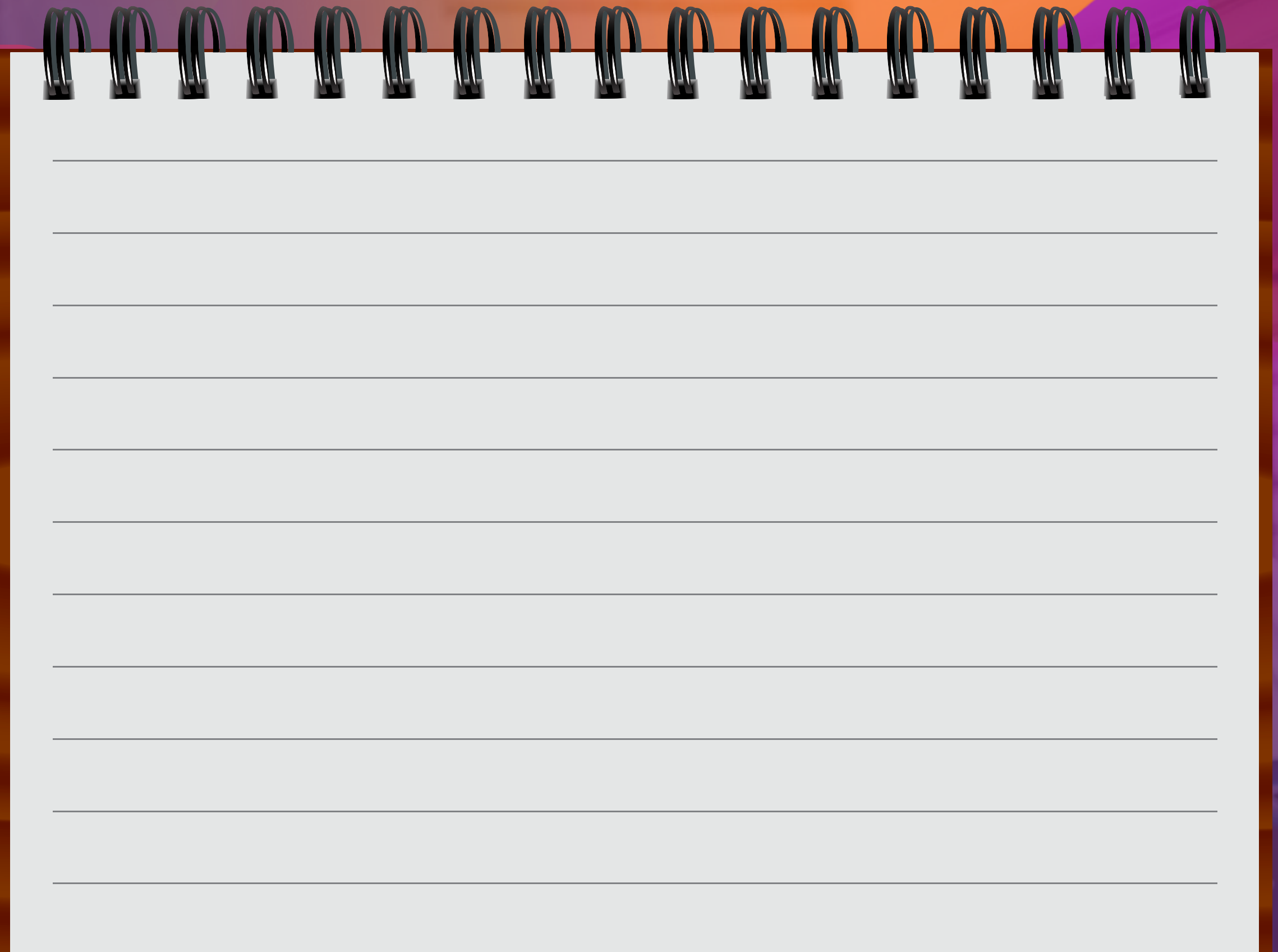
- 1 What is it about teenagers that you think particularly enables them to be more equipped than adults, maybe to deal with change?
- 2 Why do we find change so challenging and how can we be more adaptive?
- 3 The Impact of Cognitive Fatigue
- 4 Anxiety is a healthy human emotion but it does also cause a lot of problems (in this situation).



A spiral-bound notebook with lined pages, intended for taking notes. The notebook is white with a black spiral binding on the left side. The pages are lined with horizontal grey lines. The notebook is positioned on the right side of the slide, with its top edge aligned with the top of the text area.

EMOTIONS & LEARNING

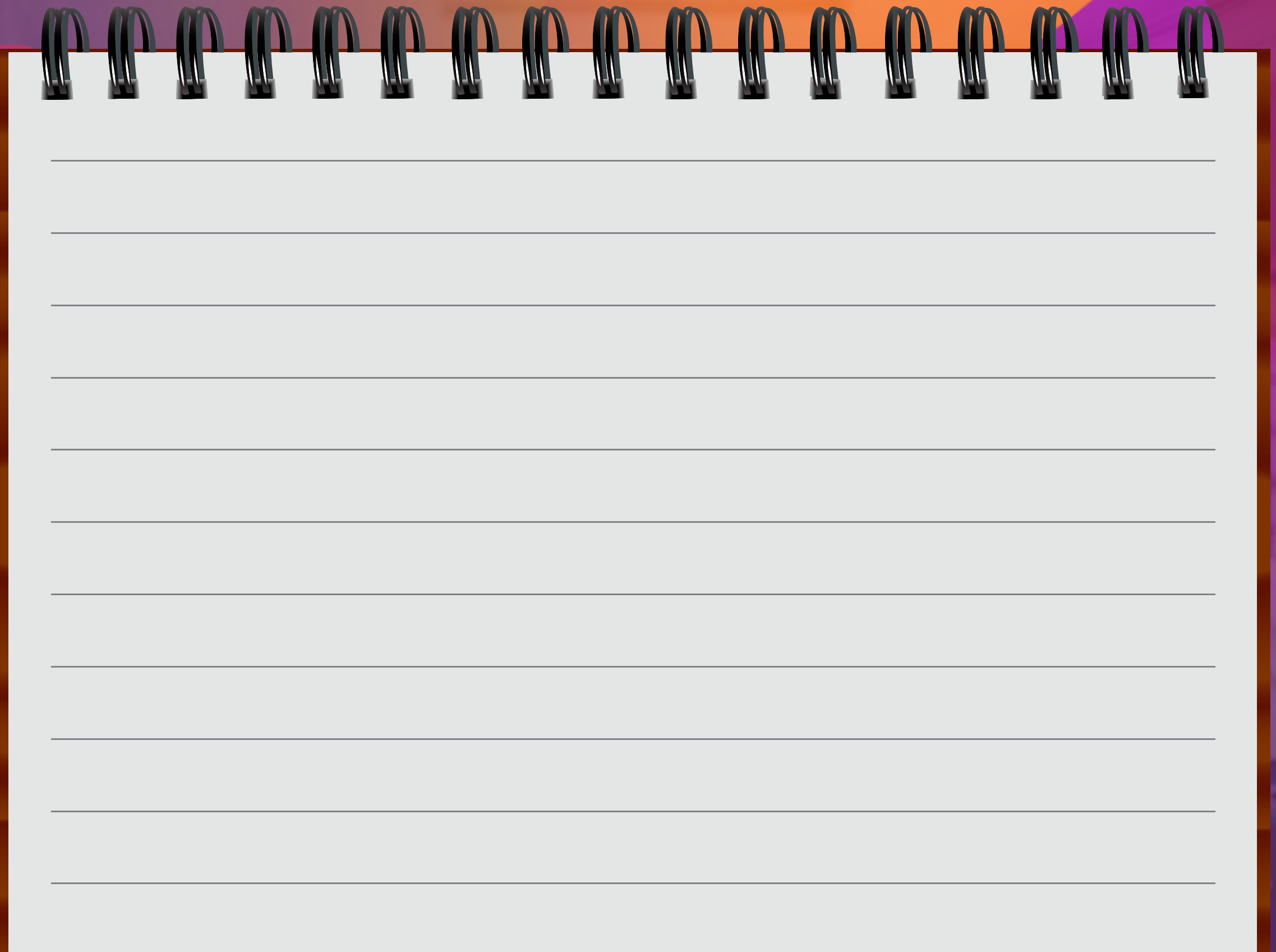
- 1 How do our emotions play on us and enable or disable us from learning?
- 2 Stress is not just DISTRESS - but anything that places additional demand/load on the mind or body.
- 3 Anxiety works on the same physiological pathway - with a positive role to focus attention and improve performance at low levels.
- 4 The Role of Challenge in Learning



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SUPPORTING BRAIN FUNCTION UNDER PRESSURE

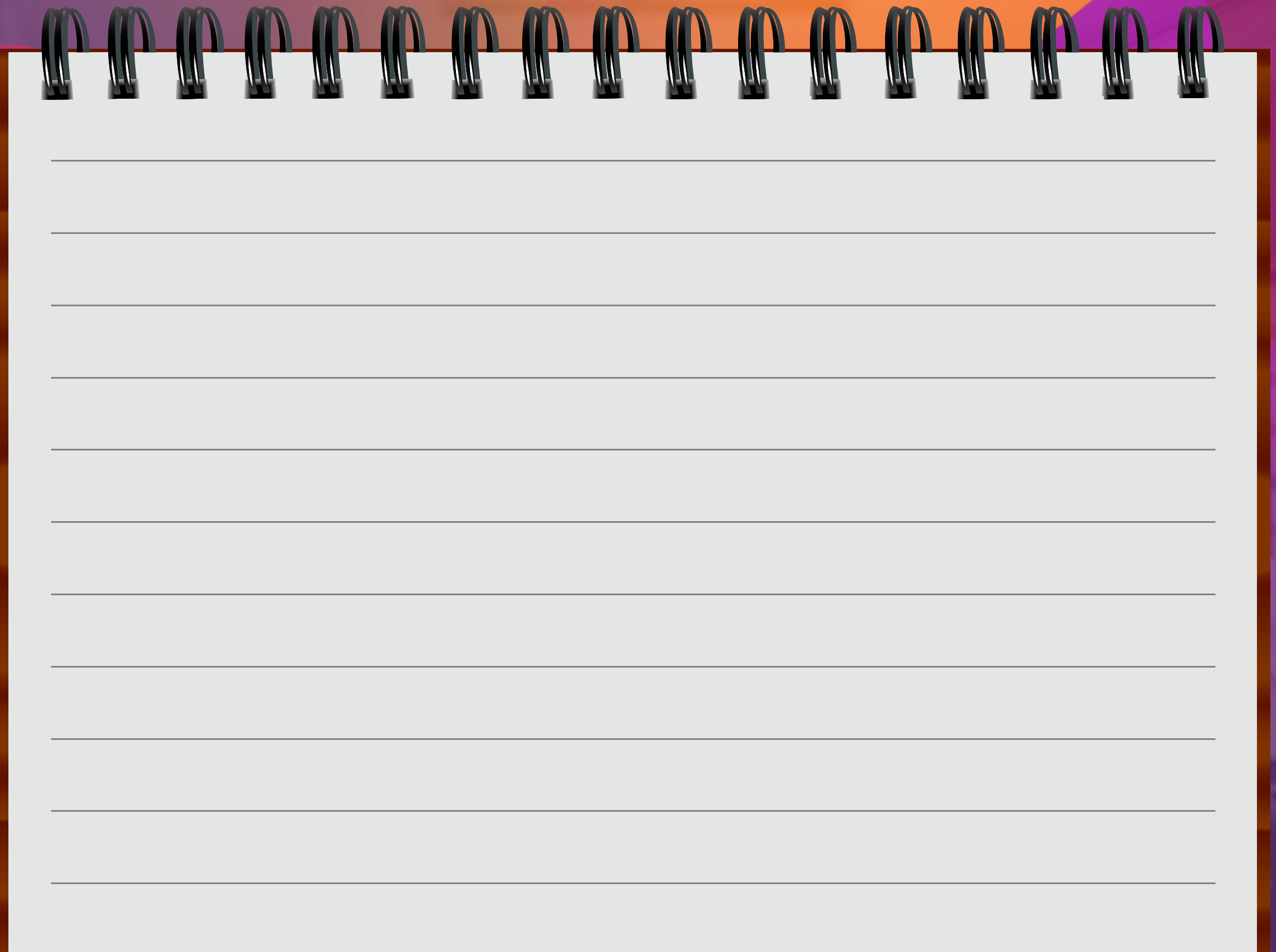
- 1 How can we enable our brain to function well when we are under significant pressure?
- 2 Why is range/rest/ relaxation important to learning
- 3 Recognising two key needs:
 - Maintaining a healthy baseline activation on the stress system
 - Responding to acute challenge



A spiral-bound notebook with lined pages, intended for taking notes. The notebook is white with a black spiral binding on the left side. The pages are lined with horizontal grey lines. The notebook is positioned on the right side of the slide, with a dark purple background behind it.

WHAT TO DO WHEN THINGS DON'T GO AS PLANNED

- 1 What can we do to deal with failure?
- 2 Attribution bias in failure: internal and external attributions and how these affect confidence and learning.
- 3 Teaching children to assess performance realistically
- 4 What parents/key supporters can do to support children when this happens?



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