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Brain Research and Instruction

Bridging Neuroscience and Education

"Science and Strategies"

Brain Research and Instruction Newsletter: July 2020

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Do This Now to Prevent Learning Difficulties When School Starts

We must act now to address the mental health consequences coming from how the pandemic has changed the lives of our students. After an initial survival response that allows us to take action, trauma fatigue sets in, resulting in an increase in mental health issues. In addition to mental fatigue from the ongoing stress, faculty and students are experiencing anxiety and trauma from the uncertainty of what will happen in the fall.

A college professor wrote me this week that in the last month one student committed suicide and two others entered a residential mental health facility. Parents are telling me that their children are crying and distressed over what is going on and uncertainty about what will happen. Faculty are missing their students but frightened about returning to in-person teaching. The biggest health crisis from the virus may be the mental health effects.

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REMOTE PRESENTATIONS ARE NOW AVAILABLE!

I've been zooming like crazy, as I'm sure you have as well!

I know we have all been scrambling to get everything done differently in this new situation. I was able to get up and running and have done presentations remotely for conferences up to 800 attendees as well as small consulting with a few - and everything in between.

All of the [presentations](#) are available remotely. In addition, many organizations wanted to [provide one or more of my books to all faculty](#), so they are now available in ebook or digital format. Please [contact me](#) if you need books.

August is filling up, as usual, so please get in touch soon if you want any professional development. Of course, the presentations addressing student stress and faculty stress are the most popular right now, but the one on multiple

Stay Connected



[Contact Dr. Zadina](#)

[Janet's Web Page](#)

Upcoming Events

The following presentations are open to the public:

July 30-31

Any college educator may attend the free Back to School Better Virtual Conference by Cengage Learning, publisher of my textbook ***College Reading: Science and Strategies***. I will be speaking on ***The Hidden Learning Disability of Anxiety, Stress, and Trauma***. Others will be speaking on other topics. Register at [Cengage's web site](#).

Other events are for school or college personnel only. If you would like to host an event for your group, please [contact me](#).

pathways is also helping faculty focus on strategies for their lesson plans.

NEW REMOTE PRESENTATION!

Addressing Faculty Anxiety, Stress, and Trauma: Recover, Renew, and Rewire

People cannot perform at their potential when highly stressed. Anxiety, stress, and/or trauma not only can damage health and lead to long-term mental disorders such as depression, but they impair performance in the moment. Anxiety and high stress inhibit higher order executive functions in the frontal lobes while more strongly activating the emotional centers. This makes it harder to remember, pay attention, think critically, plan, organize, and control emotions. Unfortunately, faculty stress is contagious to students.

It is critical to address this during these stressful times. Prior to COVID 19, burnout affecting faculty retention was already higher than desired. One teacher in 10 had taken antidepressants and 1 in 3 missed work due to stress. We can only imagine how high those numbers would be now. Trauma can affect family life at home. Under trauma, there are higher rates of substance abuse, domestic issues, and health issues. Faculty home life can affect work with students.

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To inquire about a presentation to faculty on this topic, click [HERE](#)

Notes From the Field

Like you, I have been working from home. I set up a studio with this super-cool neuron and dendrites backdrop. Do you love it?



I was honored to keynote Osceola's bi conference of 800 Vision 2020.



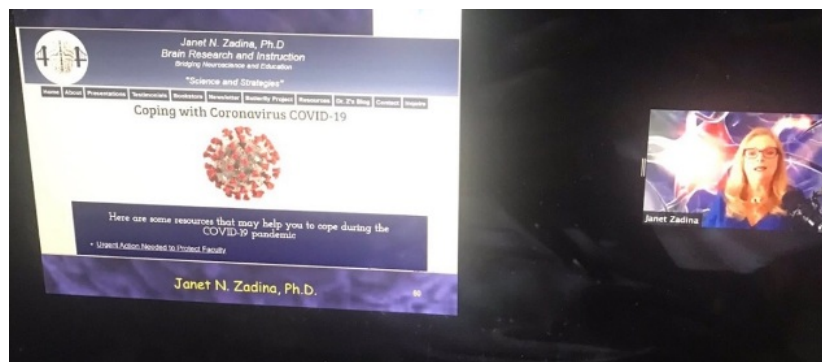
This was followed by a session for South Carolina. You can [subscribe](#) to their series and see my presentation as well as that of other well-known speakers.

2020 VIRTUAL SUMMER INSTITUTE

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Children of Poverty



I also did two presentations for the Summer Institute for PAEC in Florida. We were able to get into breakout rooms and the teachers were able to share ideas and create a boilerplate lesson plan that incorporated all the multiple pathways in one unit. Lots of fun!



Colleges and school systems were some of the other audiences for this recent zoom marathon! Whew! And I thought travel was exhausting!

I hope to "see" you soon somewhere, live from New Orleans!

Want to be included? If you want to inquire about a presentation for your students, faculty, department, school system, or admin, click here <http://www.brainresearch.us/invite.html>.

Spring semester is filling up fast!

New Resources for You

<u>Brain Info</u>	<u>Stress, Trauma, Mindfulness</u>
<u>Early Childhood</u>	<u>Math</u>
<u>Executive Function</u>	<u>Life and Health</u>
<u>Learning Differences</u>	<u>Technology</u>
<u>ELL, ESL, Language</u>	<u>Parenting</u>
<u>General Learning</u>	<u>Strategies</u>

[Reading](#)

[Teaching Strategies and
Resources](#)

I would love to hear from you! Please drop me an email and share your successes! You can reach me through the contact page at www.brainresearch.us.

Feel free to forward to your colleagues!

Sincerely,

Janet Zadina, Ph.D.
Brain Research and Instruction

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