Calgary Regional Consortium

Great Teachers Make Great Students

Introduction to Self-Regulation - A More Helpful Way to Understand and Respond to Student Behaviour

PRESENTED BY

Kim Smith, MScEd, OCT, (she/her)

SERIES SESSIONS

Date	Time
October 18, 2023	1:00 PM - 2:30 PM

LOCATION

Online

FEE

$25.00

QUESTIONS?

Contact Us:
crc.info@aplc.ca
403-291-0967

REGISTER ONLINE

Visit our website to register:
crcpd.ab.ca

Learning Opportunity

Target Audience: All teachers, pre-service teachers, instructional leaders, educational assistants, administrators, guidance counsellors and support staff are encouraged to attend.

Since the post pandemic return to full-time classroom instruction, educators across Canada have been noticing alarming increases in challenging student behaviour. And many are finding that the discipline strategies they have used in the past, just aren't working with some children? How do we deal with this?

In this presentation, Kim Smith Self-Reg Online Learning Facilitator & Presenter with The MEHRIT Centre, will introduce Shanker Self-Reg ®, a framework and method that helps adults learn to see, understand and respond to behaviour issues in a new (and more helpful) way. Specifically, Self-Reg helps us see how excess stress affects children's brain/body systems, which in turn, impairs their listen, learn, exhibit self-control engage optimally in the social relationships that are so central to a positive school experience. Talking points will include:

- The difference between self-regulation and self-control
- The impact of excess stress on our brains and bodies
- The 5 domains of stress and self-regulation
- The 5 practices of Shanker Self-Reg
- The critical importance of Reframing (Practice 1), helps us see and respond challenging children in a more helpful and less confrontational way
- Why the reduction in educator stress, enabled by reframing, is a key first step (and positive outcome) on the road to responding more effectively to the challenging behaviour educators are seeing these days.

According to the MEHRIT Centre's philosophy: "We are in the midst of a scientific paradigm-revolution in our understanding of the effects of excessive stress on behaviour, social-emotional development, intelligence, empathy, motivation, and character. The theoretical foundation of the Shanker Self-Reg® framework rests on these recent advances in neuroscience, physiology, psychology and clinical practice. The Shanker Method® explores, explains, and applies these new insights in a way that benefits every child, youth, adult and senior."

Presenters

Kim Smith, MScEd, OCT, (she/her)

Self-Reg Online Learning Facilitator & Presenter with the MEHRIT Centre.

Kim is a wife and mother and has been an elementary educator for over 30 years with the York Region District School Board, 18 of those years as a Principal. She has a Master's degree in education, is a Cognitive Coach and is also trained in Adaptive Schools and Mindfulness. Kim has been inspired by the work of Stuart Shanker and strives to create a haven in her school for students, staff and parents. She believes that self-reg is the way to finding calmness and comfort in our fast paced world and looks for ways of sharing this with others.

Registration Notes

All sessions times are mountain time.

This session will be recorded.