



Central Okanagan Parent Advisory Council

Parents Supporting Student Success

**PARENT WORKSHOP: THURSDAY FEB.19 /15
7- 8:30 PM. HOLLYWOOD ROAD ED. CENTER AUDITORIUM**

FREE – OPEN TO PARENTS OF CHILDREN OF ANY AGE
*KIDS GRADE 5 AND OVER WELCOME



The New Science Of The Teenage Brain

If you want to help today's teenagers, then you need to begin with their brains!

Today's high schools are full of teenagers struggling with learning challenges, fragile brain issues, boredom, or stress. How can teachers and parents unlock and engage the adolescent's "digital" brain? The teenage brain is undergoing huge changes: it's a work in progress.

DISCOVER:

- Why the adolescent brain is in biological turmoil
- Why teens need to leave every class with experiences, not notes
- How dopamine drives their risk-taking behaviour
- What teenagers crave most
- Strategies to effectively reach and teach adolescents, leading them to academic success and a life-long learning potential
- That the teenage brain can start closer to age ten!

Teenagers have a great opportunity to influence the development of their own brains. Great brains are made.

REGISTER AT: copacteenagebrain.eventbrite.ca



GARY ANAKA: <http://www.braincoach.ca>



@garyanaka

The New Science Of The Teenage Brain

How can teachers and parents best support and meet the needs of growing, changing adolescents? The teenage brain is different from any other brain in history, presenting many challenges. Discover why the adolescent brain is in turmoil, how to boost its plasticity, how the teen brain learns and works best, plus how to engage and communicate in relevant and practical ways. Learn leading edge, easy to apply ideas from Neuroscience to help unleash the potential of the teenage brain. Acquire skills on how to support them to become healthy, happy, life-long learning adults. If you want to help teenagers in today's world, then you need to start with their brain. This high energy, fun, surprising presentation is full of hope and optimism for the future of all teenagers.



BIO:

Gary Anaka has over 32 years of teaching experience with high school students as a Learning Assistance Teacher. He is a study skills expert, Brain Gym coach, and, presently, the number one Brain-based Learning facilitator in BC. He has presented workshops to thousands of teachers, parents, and students in over 50 BC Districts and across Canada. His motivational sessions offer genuine help for students and adults of all ages. They are always filled with humour and optimism. Gary is the author of *Your Magical Brain How It Learns Best* and *Brain Wellness The Secrets For Longevity*. The full scope of his work can be viewed at www.braincoach.ca.

