



## Virtual Symposium

### **Session 1-** Joshua MacNeill

*Title: The Brain's Response to a Global Pandemic*

*This session will introduce basics about how the brain functions and discuss the ways recent global events may impact student's behavior, relationships, and learning.*

### **Session 2-** Kathy Van Horn

*Title: The Power of Relationships*

*This session will focus on the importance of developing healthy relationships with and amongst our students and then explore how to continue fostering these relationships in the midst of the new protocols that will be expected of schools.*

### **Session 3-** Joshua MacNeill

*Title: Resilience: Increasing Student's Tolerance for stress*

*This session will look into many of the new stressors that are potentially impacting our students and explore ways to increase your student's tolerance for stress.*

### **Session 4-** Kathy

*Title: Practical Tools and Strategies for Regulation*

*While there are many tools and interventions that work to regulate students, what is used and how we use it may need to change in light of new standards and expectations for schools. This session will discuss tools and interventions that can regulate each level of the brain while still following CDC guidelines to keep everyone healthy and safe.*

### **Session 5-** Joshua MacNeill

*Title: Talking with Students about stress and the Brain*

*In this session we will share the importance of planning safe and positive conversations with our students. These conversations have the power to help students feel safe and empower them to become more resilient than ever.*

### **Schedule:**

**9:00-9:50- The Brain's Response to a Global Pandemic- Josh MacNeill**

**9:50-10:00- Brain Break 1**

**10:00-10:50- The Power of Relationships - Kathy Van Horn**

**10:50-11:00- Brain Break 2**

**11:00-11:50- Resilience: Increasing Student's Tolerance for stress- Josh MacNeill**

**11:50-1:00- Lunch- Application Videos**

**1:00-1:50- Practical Tools and Strategies- Kathy Van Horn**

**1:50-2:00- Brain Break 3**

**2:00- 2:50- Talking with Students About Stress and the Brain - Josh MacNeill**

**2:50-3:30- Q/A- Kathy Van Horn and Josh MacNeill**