

Tuesday, December 5, 2017 * 8:30 AM - 2:00 PM
Wells Conference Center * University of Maine, Orono
2nd Floor, North Wing

	Room 1		
8:30 AM	Registration & Coffee		
9:00 AM	Welcome and Introduction of Janet Zadina, Ph.D. <ul style="list-style-type: none"> • <i>Wendy L. Ault, MELMAC, Executive Director</i> 		
9:15 AM	Presentation: Changing Brains, Changing Lives <ul style="list-style-type: none"> • <i>Janet N. Zadina, Ph.D., Educational Neuroscientist</i> <p>Find out what is and isn't true about brain-based learning! Then see for yourself how experiences, including learning, change the brain. See what poverty does to the brain and discover interventions that raise achievement in all students, especially those from poverty. Learn how you can change lives by changing brains!</p>		
10:15 AM	Room 1	Room 2	Room 3
	<p>The Hidden Disability of Poverty, Stress, and Trauma: Science and Strategies</p> <ul style="list-style-type: none"> • Janet N. Zadina, Ph.D., Educational Neuroscientist <p>See brain images of how non-cognitive factors, such as students' beliefs about themselves, affect achievement. Discover the shocking statistics of how many students are experiencing a hidden learning "disability" that negatively impacts achievement. Learn how the different emotional states affect behavior at school. Acquire strategies for addressing this so that students can reach their potential.</p>	<p>Gallup Student Poll: Help Students to Be Engaged Today and Ready for Tomorrow</p> <ul style="list-style-type: none"> • Valerie J. Calderon, Ph.D., Senior Research Consultant, Gallup <p>Learn ways to help students be engaged with school today and more hopeful for the future. Learn how to understand and apply Gallup Student Poll survey data and create a more balanced measurement framework to gauge your school's success. Learn strategies for taking action on your Gallup Student Poll survey results and create a positive learning culture that supports what students do best, prioritizes relationships and helps students to map a pathway to their best future.</p>	<p>Skills for Increasing Stress Balance</p> <ul style="list-style-type: none"> • Jeri Stevens, Ph.D., LCPC, Chandler Bay Resources & Nancy Martin, CWC, MELMAC Coach, Chandler Bay Resources <p>Through the use of HeartMath, breathwork and individual discussions with the facilitators, participants will have the opportunity to learn about and practice balancing thought and breathwork to increase stress resilience. This session is informal and time will be available to learn more about The Empowerment Model for Stress Resilience.</p>
11:15 AM	Lunch - Room 1		

12:00 PM	<p>Presentation: Stress Resilience in the Workplace</p> <ul style="list-style-type: none"> • <i>Jeri Stevens Ph.D., LCPC, Chandler Bay Resources & Nancy Martin, CWC, MELMAC Coach, Chandler Bay Resources</i> <p>According to the American Psychological Association, 69% of employees report that work is a major sources of stress and 41% say they feel tensed or stressed out during the day. Gain an understanding of the impact of stress through the mind-body connection and explore tools for becoming more stress resilient. Rather than attempting to <i>manage</i> stress by controlling the environment, learn how to embrace stress based on current evidenced-based research.</p>		
1:00 PM	<p style="text-align: center;">Room 1</p> <p>MaineSpark 60% by 2025: College and CTE Pathways for our Future Workforce</p> <ul style="list-style-type: none"> • Ed Cervone, Executive Director, Educate Maine & Kate Leveille, Maine College Access Network <p>A roundtable interactive discussion addressing strategies to help students succeed and obtain postsecondary credentials of value.</p>	<p style="text-align: center;">Room 2</p> <p>Gallup Student Poll: Help Students to Be Engaged Today and Ready for Tomorrow</p> <ul style="list-style-type: none"> • Valerie J. Calderon, Ph.D., Senior Research Consultant, Gallup <p>Learn ways to help students be engaged with school today and more hopeful for the future. Learn how to understand and apply Gallup Student Poll survey data and create a more balanced measurement framework to gauge your school's success. Learn strategies for taking action on your Gallup Student Poll survey results and create a positive learning culture that supports what students do best, prioritizes relationships and helps students to map a pathway to their best future.</p>	<p style="text-align: center;">Room 3</p> <p>Skills for Increasing Stress Balance</p> <ul style="list-style-type: none"> • Jeri Stevens, Ph.D., LCPC, Chandler Bay Resources & Nancy Martin, CWC, MELMAC Coach, Chandler Bay Resources <p>Through the use of HeartMath, breathwork and individual discussions with the facilitators, participants will have the opportunity to learn about and practice balancing thought and breathwork to increase stress resilience. This session is informal and time will be available to learn more about The Empowerment Model for Stress Resilience.</p>
2:00 PM	<p>Adjourn</p>		