

# Young Minds Under Stress - Effects on Learning

## LearnFast PD for Teachers

**How does stress in all its forms impact developing brains and learning & what can teachers do about it?**

This seminar will cover:

**Research review** – what's the latest evidence about stress, brains and learning

### **Sources of Stress for Students**

Stress comes from multiple sources, including:

- Poverty/social & economic disadvantage
- Family breakdown
- Bullying
- Peer pressure
- Drug abuse
- Domestic violence
- Learning difficulties

### **Impacts of Stress**

- How Stress Impacts Young Brains, Learning & Behaviour
- How the adolescent brain can amplify stress effects
- 3 keys to successful learning & how stress impacts them

### **What Teachers Can Do**

- Ways teachers can mitigate the toxic effects of stress on learning

Before you attend the seminar – some background information:

- [Book – Teaching with Poverty in Mind, by Eric Jensen](#)
- [Video: Teaching Kids in Poverty – Brain Based Learning](#)



**The Presenter:** Devon Barnes, Speech Pathologist, learning & literacy specialist. Devon is Clinical Director of Lindfield Speech Pathology & Learning Centre and has worked for over 40 years with students who have learning difficulties, including indigenous students and refugee children.