



*Invites you to a*  
PROFESSIONAL DEVELOPMENT WORKSHOP FEATURING  
**Dr. Jerome Schultz**

**The Negative Impact of Stress on Learning Behavior in Kids with LD/ADHD: *How to Turn Stress into the Fuel for Success.***

**Friday, January 12, 2018**

**8:30 AM – 2:30 PM**

Lunch Break on your own 11:30 AM – 12:30 PM

**The Cove School**

350 Lee Road, Northbrook IL 60062



**Dr. Jerome (Jerry) Schultz** is a former special education teacher. He is currently a Clinical Neuropsychologist, and holds a faculty position at Harvard Medical School. He is the Research Study Coordinator in the BabyBOLD/Gaab Laboratories of Cognitive Neuroscience at Boston Children's Hospital.

Dr. Schultz was the recipient of the prestigious LDA Award at the 2016 international conference of the Learning Disability Association of America. Dr. Schultz's book "Nowhere to Hide: Why Kids with ADHD and LD Hate School and What We Can Do About It" explores the insidious but pervasive impact of performance-related stress on cognitive functioning and behavior in students with learning and attention problems. Dr. Schultz also writes a blog on The Huffington Post and he has an active following on Twitter. In addition, he writes articles, provides "Expert" answers to questions from parents and teachers, and hosts webinars on the websites of CHADD, LDA, ADDitude Magazine, and [www.understood.org](http://www.understood.org).

Jerry is in schools several days a week, where he works with teachers and other professionals concerned with learning and emotions in kids, in particular, those with learning differences and challenges. His work is based on over 35 years of experience, and he's known for his sensitive, honest and practical advice for teachers, kids and their parents.

## PROGRAM

During this day of interactive multi-media learning, we'll examine the protective role of stress, and how a student's perception of competence can move the needle from "good" stress to "toxic" stress. We'll take a look into the human brain to gain a better understanding of the neurobiology of stress, and what happens when things get out of balance. We'll see why many kids with Learning Disabilities and ADHD are in a state of chronic stress that's actually impedes learning and memory in a way that goes way beyond the initial effects of the LD/ADHD. We'll examine adults' reactions to "negative" behaviors that might actually be the protective response to chronic stress, and explore different, effective ways to respond to kids to get them back on track.

Research, stories, art work, brief videos and stress-reducing cartoons will be used to help participants develop a new way of thinking about our built-in response to challenges and threats. Dr. Schultz will present his DE-STRESS Model of intervention that's been very effective in helping kids become the masters of their own academic destiny. This simple, but transformative model guides teachers and other practitioners as they help kids turn brain-shrinking (really!) toxic stress into the fuel kids need for productive, effective learning. We'll take a very practical look at the language we use with kids, and how to change mindsets and learning trajectories. Each participant will take away many practical strategies as well as a personalized plan of action designed to reduce stress in kids and enhance learning. In an era where everything in schools tends to be a part of some *BIG NEW THING*, this integrated approach is surprisingly effective, involves no materials, and costs no money.

# REGISTRATION

## PROFESSIONAL DEVELOPMENT WORKSHOP FEATURING

**Dr. Jerome Schultz**

Please fill out the registration form below and scan and email it to [ssanderman@coveschool.org](mailto:ssanderman@coveschool.org). Alternatively, you can mail it to The Cove School. For questions, please contact Stephanie Sanderman at [ssanderman@coveschool.org](mailto:ssanderman@coveschool.org) or 847.562.2100.

Name(s) \_\_\_\_\_ Employer \_\_\_\_\_

Profession \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

How did you hear about this program?

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To express our gratitude to the community, and to all those who serve students with special needs,  
we offer this presentation **FREE** of charge.

**Registration is required. RSVP by January 5<sup>th</sup>, 2018**

To receive Professional Development credits, a charge of \$15 (cash or check payable to  
The Cove School will be required at the time of check in.

*The Cove School provides highly individualized education &  
life strategies for students with learning disabilities.*

