

The Carraway Center for Teaching & Learning

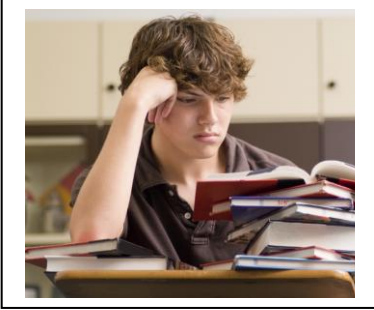
Parent & Student Education Seminars



Carraway Center for Teaching & Learning

www.carrawaycenter.com

A series of educational seminars for students, parents and educators designed to provide practical strategies and ideas for learning.



Upcoming Seminars for Students, Parents & Educators:

Organization & Time-Management Strategies

Student /Parent/Educator Workshop: Tuesday, March 2, 2010 6:30-7:30 p.m.

How to help your child organize school materials and study areas. How to help your child learn to plan ahead & manage time well.

- Are your child's binders, backpacks and lockers a mess?
- Is keeping up with assignments and school materials a problem for your child?
- Does your child do homework, but then can't find it to turn it in?
- Does your child forget about long term projects or wait until the last minute to study?
- Get practical ideas and strategies to help your child get organized and use his or her time well.

Improving Note-taking Skills

Parent / Educator Workshop: Friday, March 5, 2010 9:00-10:00 a.m.

Student Workshop: Tuesday, April 13, 2010 6:00-7:00 p.m.

Note-taking can be very difficult. Learn how to organize notes, take notes faster, listen carefully, and rewrite and study notes.

- Are your child's notes a mess?
- Does your child have a hard time taking notes?
- Is it difficult for your child to write notes fast enough and keep up in class?
- Does your child have a hard time knowing what is important and knowing what to write down?
- Learn various strategies for taking notes, reorganizing notes, reviewing notes and studying notes.



Active Study Strategies

Parent / Educator Workshop: Wednesday, March 31, 2010 9:00-10:30 a.m.

Student Workshop: Tuesday, May 4, 2010 6:00-7:30 p.m.

This seminar focuses on strategies for studying for tests. Very practical strategies will be given for how to specifically study for different kinds of tests.

- Does your child know how to study for a test?
- Does your child study for hours for a test, but still don't make the grade he or she wants?



- Does your child sit and stare and calls that studying?
- Does your child memorize well, but has difficulty understanding the material in great depth?
- Does your child know how to actively engage with the material and be active during the study process?

Strategies for Taking Tests

Parent / Educator Workshop: Wednesday, April 14, 2010 9:00-10:00 a.m.

Student Workshop: Tuesday, April 20, 2010 6:00-7:00 p.m.

Strategies for how to take different kinds of tests. Practical tips will be given for reading directions carefully, how to approach different kinds of questions, pacing, and how to check your work carefully.

- Does your child miss points because he or she didn't read the directions carefully?
- Is your child racing through the test?
- Does your child struggle with test anxiety?
- Does your child know how to check his or her tests carefully?
- Does your child seem to know it the night before, but doesn't perform well on the test?

Stress & Learning

Parent / Educator Workshop: Thursday, May 6, 2010 11:00a.m.-12:30 p.m.

Stress affects learning. Learn about the relationship between stress and the learning process. Strategies provided for helping your child deal with stress in a healthy way.

- Does your child show signs of stress?
- How do you recognize stress in children?
- How does your child's stress negatively affect his or her learning?
- How do diet, sleep and exercise affect stress and learning?

To Register:

Register by choosing one of the following options:

1. Call the Carraway Center at 615.279.9376
2. Email registration@carrawaycenter.com

**Please register at least 24 hours in advance to secure a place.*

For questions, please give us a call or email us at

kimberly@carrawaycenter.com



Additional Student & Parent Seminars:

How Children Learn

This seminar is designed to provide an overview of how children learn as well as very practical ideas and strategies for you to use with your children to help actively engage them in their learning process.

- How do children learn?
- How does your child learn best?
- How does your child's brain develop and change over time?
- How can I actively engage my child in his or her learning?
- Are there factors that can negatively affect my child's learning?
- What can I do at home to help my child learn and be happy and successful in school?

How to Help with Homework

This seminar is designed to provide very practical ideas and strategies for you to use with your children to help them with their homework.

- What can I do to help my child be more independent with his or her homework?
- When should my child start homework and how long should it take?
- How do I make homework and studying for tests more enjoyable?
- Where is the best place for my child to do his or her homework?
- How do I make the homework process more enjoyable for both of us?
- Should my child be listening to music, on facebook, or watching television while doing homework?
- We are spending hours doing homework each night, how can I help my child finish his or homework faster?

Attention Strategies

Why do some children have trouble paying attention? Practical strategies provided for how to pay better attention in class, during homework and during study time.

- Why do some children have trouble paying attention?
- What can be done to improve attention?
- What is ADHD and how do I know if my child struggles with it?
- How can I help my child pay better attention during class?
- What strategies will help my child focus better during homework and while studying?



How to Study for Tests

Does your child know how to study for tests? This seminar focuses on providing a variety of ways to help teach your child how to study for tests. Discussion includes stages of the study process, study environment, factors that positively and negatively affect the learning process, best times to study, time-management strategies, and ideas for studying for different kinds of tests.

- Does your child know how to study for a test? for different kinds of tests?
- Does your child study for hours for a test, but still don't make the grade he or she wants?
- Does your child spend more time organizing than actually studying?
- Does your child memorize well, but has difficulty understanding the material in great depth?
- Is your child always cramming for tests?
- How does your child know when he or she truly knows the material?

How Nutrition, Sleep & Exercise Affect the Brain

Learn about how what your child eats, how much exercise he or she gets, and how your child sleeps can positively and negatively affect his or her academic performance in school.

- Will physical exercise really help my child learn?
- How much exercise does my child need?
- How does my child's diet affect his or her learning?
- Can food affect my child's attention, behavior and performance in school?
- How much sleep should my child get every night?
- How does sleep influence my child's ability to learn and remember?

Reading Comprehension

Discussion of the primary factors that affect reading comprehension and practical strategies parents can use at home to help their child improve his or her comprehension while reading novels and textbooks. Strategies and methods provided for remembering what has just been read, improving fluency, paying attention while reading, remembering details, sequencing, making inferences and answering comprehension questions.

- Why do students struggle with reading comprehension?
- What can I do to help my child remember more of what he or she reads?
- My child reads slowly and not fluently, what can I do to help?
- What if my child has trouble paying attention while reading?
- My child has difficulty answering questions at the end of the textbook chapter, especially the inference and application questions, what can I do to help?

Memory: What is It & How Do You Improve It

A seminar designed to provide ideas for how to help students who struggle with memory. A discussion of the different types of memory, how information is processed and laid down in memory, factors that impact storing information in long-term memory and recalling information from memory. Memory techniques & strategies provided for students who struggle with memory.

- Is it hard for your child to learn new material?
- Does your child have trouble remembering information previously learned?
- How do I help my child who has difficulty with working memory?
- Memorization is difficult for my child, how can I help?

How to Prepare for Exams

A step-by-step set of strategies to use while preparing for exams. Strategies provided for organization, managing time wisely, creating a plan for studying, stages in the study process, study techniques and tips on how to review.

- Do you study for hours for a test, but still don't make the grade you want?
- Do you sit and stare at your notes, zoning out while you are supposed to be studying?
- Do you memorize the study guide, but get confused when the teacher switches up the questions?
- Do you get so nervous when you take a test that you forget everything you learned?

Emotions & Learning

This seminar is designed to discuss the dramatic role emotions play in learning and to give parents very practical ideas and strategies to use with their children.

- What role do emotions play in learning?
- What do you do if your child is not motivated to learn?
- How do you help your child deal with test anxiety?
- What are practical suggestions for addressing test anxiety?
- Suggestions for making the homework process more enjoyable and strategies for preventing the emotional meltdown during homework.

The Pre-School Years: What Parents Need to Know

A practical workshop designed to provide parents with an overview of brain development in the early years and a discussion about factors that affect the learning process. The workshop includes a discussion of a variety of activities that are helpful and healthy for pre-school children. The workshop concludes with the identification of red flags to look out for during development and recommendations for children ages 2 -7.

- Why are the early years so crucial to my child's cognitive development?
- What do I need to know about how my child's brain develops during the pre-school years?
- What activities can I do now with my child that will help him or her in the future?
- What red flags should I look out for?
- Will Baby Einstein and Mozart really make my child smarter?

Professional Development for Teachers

Sample In-Service Training

Faculty in-services are also available for all of the parent seminar topics.

All in-services are specifically designed to meet the needs of the individual school and specific faculty.

All presentations are uniquely designed for the school's culture and student population.

Applying Brain Research to the Classroom (full day or 2 hour)

The purpose of this workshop is to equip the classroom teacher with specific, easy-to-implement learning strategies that are influenced and informed by cognitive neuroscience research. The workshop will begin with an overview of how the brain is designed to learn, how learning occurs, and factors that affect the learning process. Specific "how to" strategies will be provided in the areas of active learning, organization, time management, reading comprehension, vocabulary, note-taking, spelling, math, checking work, reading directions carefully, working memory, attention, studying for tests and designing instruction. Participants will leave the workshop with a toolbox of direct applications and a wide variety of easy-to-implement teaching strategies they can use they can use Monday morning in their individual classrooms.

Sample Day

8:00 – 10:00 The Learning Process

- Overview of Early Brain Development, Adolescent Brain Development and Primary Brain Functions
- What is Memory and How It Works
- The Attention System & Attention Strategies
- How Stress Affects the Learning Process
- How Nutrition, Sleep & Exercise Impact Learning

10:15 - 12:00 Active Learning Strategies

- Active Learning Strategies
- Organization & Time Management Strategies
- Reading Comprehension Strategies
- Note-taking Techniques

12:00 - 1:00 Lunch on your own

1:00 - 3:15 The Study Process

- How to Teach Students to Study for Tests
- Active Study Strategies
- Strategies for Reading Directions Carefully & Avoiding Careless Errors
- Test-taking Strategies

Cognitive Learning & Study Strategies for Students

This workshop will specifically address how to help the individual student prepare for and take tests. We will begin by looking at a variety of cognitive learning strategies used with individual students. We will discuss why these particular study strategies are recommended for the students, as well as, how to decide which strategies are best for each student. Cognitive learning strategies will be provided for storing and recalling information, steps in the study process, active learning, reading directions carefully, planning ahead, preparing for and answering different types of questions (multiple choice, matching, essay, etc.), dealing with test anxiety, pacing, checking tests, and avoiding and catching common mistakes.

Building Critical Reading & Thinking Skills

The purpose of this workshop is to provide practical, brain-based strategies to help move students from rote memorization to deeper levels of understanding. We will explore the following questions: What are the key components of critical thinking and how do you cultivate them in your students? How do you establish habits of metacognition, critical thinking and critical reading in your classroom? What specific strategies and methods can you use to enhance a student's ability to read critically and to think critically?

The Carraway Center for Teaching & Learning

Kimberly B. Carraway, Ed.M.



Kimberly Carraway is a learning specialist and an educational consultant specialized in teaching and learning strategies informed from cognitive neuroscience research. She holds degrees in Cognitive Studies and Elementary Education from Vanderbilt University and in Learning and Teaching from Harvard University. Ms. Carraway focuses her work on the integration of cognitive neuroscience and educational practice. She speaks nationally to educators, administrators, and parents, bringing the latest research on how learning occurs and relevant applications of research directly to the classroom.

Ms. Carraway's passion for students and their learning process is what inspires her to design personalized strategies for different kinds of learners. Ms. Carraway works individually with students, consults with private and public schools across the country, and teaches summer education workshops for students in the areas of Study Strategies, Critical Reading, Writing, and ACT/SAT Strategies. Ms. Carraway currently lives in Nashville, Tennessee, where she directs the Carraway Center for Teaching and Learning. She is a charter member of the International Mind, Brain and Education Society and the founder and founder and director of The Neuroeducation Institute.