Self-Regulation: Why it Matters and How to Help Students Achieve It

PRESENTED BY

Kim Tackaberry

SERIES SESSIONS

Date	Time
November 06, 2017	9:00 AM - 3:00 PM

LOCATION

St. Leo Centre - 6220 Lakeview Drive SW

FEE

$50.00

QUESTIONS?

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403-291-0967

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Program

ALL K-12 TEACHERS AND EDUCATIONAL ASSISTANTS ARE ENCOURAGED TO ATTEND

Mastery of self-regulation, in addition to playing an important role in healthy development, is imperative for success in the classroom. Students who understand their own personal needs, and teachers who understand the cues students give about their needs by virtue of their behaviours, are able to create the classroom conditions for optimal achievement.

Our actions and behaviours give both ourselves and others clues about our regulation status. Educational staff, as well as students themselves, can become 'regulation detectives' to create the ideal conditions for learning. Acquiring the ability to understand and respond to self-regulation clues and cues leads to a learning environment where students can feel well and are best able to achieve.

Join me for a full day learning session about self-regulation where we will explore ideas put forth by Stuart Shanker, Barry Zimmerman, and others to learn:

- What self-regulation really means in the classroom and why your students' (and your own!) ability to self-regulate matters
- How to respond to a student's state of engagement and emotional state to encourage their best regulated self and maximize learning in the classroom
- The role of stress in learning and in self-regulation
- The difference between stress behavior and misbehavior and how to promote appropriate behavior in a positive way
- How to develop your students' personal and academic self-regulation including practical strategies and processes

Presenters

Kim Tackaberry

is a Designer of Professional Learning with the Calgary Regional Consortium. Her areas of focus include literacy and inclusive education. She is presently continuing her Master of Education Studies at Queen's University, specializing in literacy. Kim's teaching career spans over 30 years, ten as a classroom teacher at Foothills Academy Society, a school specializing in children with Learning Disabilities and ADHD. Kim has designed several e-courses for teachers, titles include *Learning Disabilities* and *Introduction to Literacy and Numeracy Progressions.*

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