Bureau of Education & Research

Live Online Seminar or Recorded Version

Helping Your Distracted Students By Increasing Attention, Mindfulness and Motivation





A Unique One-Day Live Online Seminar Presented by

Jessica Gruttola

Outstanding Teacher, Instructional Coach and Presenter

Specifically Designed for Classroom Teachers, Counselors, Instructional Specialists and Coaches, Special Education Staff, Title I Staff, Behavior Intervention Specialists, Instructional Assistants, and Administrators Serving Grades K-12

Proven strategies and activities to better focus distracted and inattentive students' attention and time-on-task

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Powerful mindfulness strategies to increase distracted students' motivation, ownership and follow-through to enhance their academic achievement

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Help distracted students own and improve their work effort, learning habits, goal setting, planning, and more

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Ready-to-use resources to help your distracted students develop better time-management skills and increase their success in school – socially, emotionally and academically

LIVE ONLINE SEMINARS

March 12

9 AM Central, 8 AM Mountain, 7 AM Pacific, 10 AM Eastern

March 18

9 AM Eastern, 8 AM Central, 7 AM Mountain, 6 AM Pacific

CEUs and Graduate Credit Available
See page 6 for details

CAN'T ATTEND?

Order the recorded version and take the seminar online at your convenience (see page 6)

"Jessica was an amazing presenter and she gave us many, many tools to use in our classroom starting tomorrow."

– ROBIN MATHIS, TEACHER

Ten Key Benefits of Attending

"This was an excellent and pertinent seminar! After teaching for 20 years, I felt this was one of the best. Thank you!"

– COLLEEN JONES, TEACHER



1. **Better Focus Distracted and Inattentive Students' Attention**
   Learn practical ways to incorporate mindfulness activities into your classroom to help students better focus their attention, regulate their emotions and reduce personal stress

2. **Optimize Your Lessons for Distracted Students**
   Learn time-efficient ways to create and deliver your lessons in ways that will help keep your distracted students engaged and on task

3. **Incorporate Powerful Strategies to Maximize Learning and Time On-Task Engagement**
   Learn easy-to-implement strategies to develop a mindful approach to learning that will increase distracted students' time-on-task

4. **Decrease Challenging and Disruptive Behaviors That Can Lead to a Lack of Mindfulness**
   Learn effective ways of addressing challenging and disruptive behaviors that can occur when students feel threatened

5. **Decrease the Number of Unmotivated, Underachieving Students**
   Dramatically decrease the number of unmotivated, underachieving students … Learn techniques extraordinary teachers use to motivate even the most unmotivated students

6. **Develop Your Students' Capacity to Pay Attention**
   Learn innovative ways to improve your students' attention and time-on-task that will lead to increased achievement

7. **Develop a Growth Mindset Classroom Environment**
   Discover powerful ways to develop a classroom environment that builds trust, fosters mutual respect and helps students realize their full potential

8. **Hold Students Accountable for Their Behavior and Actions**
   Learn proven techniques to hold distracted students more accountable for their choices without discouraging them or putting them off

9. **Create Mindful Moments Throughout the Day**
   Learn the little changes that leave big impressions … Help your distracted students feel more connected and in control of themselves … Learn the quick and doable things you can do during the day to help cement students' learning and application of mindfulness

10. **Receive a Comprehensive Digital Resource Handbook**
    You will receive an extensive digital resource handbook filled with the techniques, strategies and activities discussed in the seminar for your immediate use

Who Should Attend

Classroom Teachers, Counselors, Instructional Specialists and Coaches, Special Education Staff, Title I Staff, Behavior Intervention Specialists, Instructional Assistants, and Administrators Serving Grades K-12

Outstanding Strategies You Can Use Immediately

What You Will Learn ...



- **The most powerful practices** to better focus distracted students' attention and cultivate more attentive and confident learners
- **Proven motivational strategies** that increase student interest, time on-task and self-reflection
- **How to create a mindfulness culture of accountability** … Proven ways to hold distracted students more accountable
- How to **develop a learning environment** where students feel comfortable to take risks and are motivated to succeed
- **Practical approaches** for building positive, trusting relationships with students and creating a learning community where students not only want to put forth their maximum efforts but enjoy learning
- Proven ways to **increase students' intrinsic motivation**
- How mindfulness can **help students feel more connected to themselves**, their surroundings and their peers
- **Proven ideas** that have been used in high performing classrooms with students of all ability levels with profound impact
- **How to help your students develop positive growth mindsets** both socially and academically
- **Innovative ways** to help your students develop essential self-management skills and increase their success – socially, emotionally and academically
- The **key benefits of practicing mindfulness** and how it can make a significant difference in all your students' success in school



"I've never walked away with so many tools to use right away. I am so excited to implement what I learned with my students."

– SHERYL SCHUMACHER, SPECIAL EDUCATION TEACHER

Practical Ideas and Strategies

In this interactive seminar, outstanding presenter **JESSICA GRUTTOLA** shares powerful strategies for more deeply engaging distracted, inattentive and unmotivated students. You'll learn proven strategies that incorporate mindfulness strategies and activities to better focus students' attention, regulate their emotions and reduce the anxiety that can cause challenging and disruptive behaviors. In addition, Jessica will share practical ways growth mindset, inquiry, and a multitude of highly effective motivational teaching tools can increase engagement and responsibility among even your most unmotivated and inattentive students. ***You will leave this seminar with a new toolkit to help your distracted students improve their classroom behavior, build greater confidence and enhance their academic success.***



A Message From Seminar Leader, Jessica Gruttola



Uniquely Qualified Instructor

JESSICA GRUTTOLA is an outstanding educator and national presenter who is known for sharing best practices to improve teaching and learning for all students. Jessica understands the realities of the classroom and the challenges of motivating and engaging distracted, inattentive and unmotivated students. All the strategies Jessica presents are those she has found to be most effective in working with students and educators across the country. Her presentations are well-known for providing practical strategies that can be immediately integrated into the classroom.

Jessica is the author of *Helping Your Distracted Students by Increasing Attention, Mindfulness and Motivation*, the comprehensive digital handbook you will receive at the seminar. Jessica has worked to develop effective teaching and learning strategies with the goal of helping educators incorporate the most effective strategies to improve student engagement and academic success.

Dear Colleague:

Why is school boring? This is one of the questions I found myself asking after hearing it so many times from students. With all the demands educators currently face, how do we ensure that we are not "boring" and engage even the most distracted, inattentive students? As a classroom teacher, administrator, and instructional coach, I have worked with a diverse range of students to implement the most effective strategies that reach even the most inattentive, unmotivated and apathetic students.

I have designed this interactive, hands-on seminar to share the most effective strategies I have found for more deeply engaging distracted, inattentive and unmotivated students. I will share proven strategies that incorporate mindfulness strategies and activities to better focus students' attention, regulate their emotions and reduce the anxiety that can cause challenging and disruptive behaviors. In addition, I will share very practical ways growth mindset, inquiry, and a multitude of highly effective motivational teaching tools can increase engagement and responsibility among even your most unmotivated and inattentive students. ***You'll leave with numerous proven ideas you can use immediately.***

I look forward to meeting you at the seminar!

Sincerely,

Jessica Gruttola

Jessica Gruttola

P.S. My focus for our day together will be to share with you **practical, classroom-proven strategies that you can implement right away**.

"I will share very practical ways growth mindset, inquiry, and a multitude of highly effective motivational teaching tools can increase engagement."

What Your Colleagues Say About Jessica Gruttola

"Jessica was a phenomenal presenter. She shared many great strategies I can't wait to try out in my classroom. ***I highly recommend her seminar to other teachers and educational professionals.****"*

– Jennifer McDevitt, Teacher

"Jessica was amazing! She shared ***so many valuable resources.*** *I'm grateful for her offer that she is there for us if and when we need support in the future!"*

– Janice Abel, ELA Instructor

*"****Great resources and examples.*** *I love how we experienced some of the tools as if we were students."*

– Ashley Nadolny, Teacher

"This was ***very informative, organized, professional, and helpful.*** *I appreciate having tools that can be used right away."*

– Brooke Turner, Teacher

"I LOVED this seminar. Jessica Gruttola was amazing, very positive, informative and kind. I have so many ***golden nuggets to take back to my classroom.*** *Thank you!"*

– Melody Rhoads, Music Teacher







About BER Seminars

Outstanding Instructors

All programs are led by outstanding, top-rated BER national trainers.

Extensive Digital Resource Handbook

You'll receive an extensive digital Resource Handbook full of practical strategies and resources.

Highly Interactive

You'll be able to ask questions, consult with the instructor, and share ideas with other participants.

Program Guarantee

As we have for 50 years, we guarantee the high quality of our programs. If you are not satisfied, we'll give you a 100% refund.

Special Benefits of Attending



"This was a very insightful and helpful seminar! Jessica was a terrific presenter!"

– CONNIE SPANHAKE, MATH TEACHER

On-Site Training

Most BER seminars can be brought to your school or district in-person or online. See the options at www.ber.org/onsite or call 877-857-8964 to speak to one of our On-Site Training Consultants.

Extensive Distracted Students Digital Resource Handbook

You will receive an extensive digital resource handbook specifically designed for this seminar. The handbook includes:

- Key ideas, specific tips and numerous use-tomorrow mindfulness strategies for increasing the achievement of distracted and inattentive students
- Essential strategies for increasing students' intrinsic motivation and curiosity for learning
- Ready-to-use ideas to create an energized, engaged and motivated classroom culture built on growth mindsets
- Digital tools to help educators promote a rigorous and supportive classroom climate including resources, reproducible materials, and strategies
- Engaging activities that foster successful, independent learning while strengthening reading, writing, listening, and speaking skills

Consultation Available

Jessica Gruttola will be available for consultation regarding your questions and the unique needs of your own program.

Meet and Share

This seminar provides participants an excellent opportunity to meet and share with other educators interested in increasing the skills of their distracted, inattentive and unmotivated students.

Meet Inservice Requirements / Earn State CEUs

Participants of Live Online Seminars and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. For details about state CEUs available, visit www.ber.org/ceus

Earn One to Four Graduate Semester Credits

University of Massachusetts Global A nonprofit affiliate

Up to four graduate-level professional development credits are available with an additional fee and completion of follow up practicum activities. Details may be found at www.ber.org/credit

Can't Attend?

Other Professional Development Options:

Recorded Version of the Seminar

Order the recorded version of this seminar to take online at your convenience. You'll have 90-day access to the entire course and to the extensive digital resource handbook. To enroll, see registration form on page 7, and for optional CEUs and graduate credit, please visit www.ber.org/credit

Related On-Demand Online Courses

Related On-Demand Video-Based Online Learning courses, *Dealing Effectively with Disruptive Students: Practical, Proven Techniques,* for Grades K-12, *Motivating the Unmotivated: Teaching the Hard-to-Reach Students,* for Grades 3-12, and other related courses, are available for immediate registration. To enroll, visit www.ber.org/online

Helping Your Distracted Students By Increasing Attention, Mindfulness and Motivation

Registration (LDG7S1)

- ☐ **1. March 12, 2027** (Start time: 9 AM Central)
- ☐ **2. March 18, 2027** (Start time: 9 AM Eastern)

—or —

- ☐ **3. I'd like to order the recorded version of this seminar**

FIRST NAME M.I. LAST NAME

POSITION, SUBJECT TAUGHT GRADE LEVEL

SEMINAR NUMBER: _____ (Please see list above)

List additional registrants on a copy of this form

SCHOOL NAME

SCHOOL MAILING ADDRESS

CITY & STATE ZIP CODE

SCHOOL PHONE NUMBER HOME PHONE NUMBER

( ) ( )

Registration confirmations and login details are sent via e-mail

E-MAIL ADDRESS (REQUIRED FOR EACH REGISTRANT)

HOME MAILING ADDRESS

CITY & STATE ZIP CODE

IMPORTANT – PRIORITY ID CODE: ELDG7S1

METHOD OF PAYMENT – Team Discount Available

The registration fee is $295 per person;
for teams of three or more registering at the same time, the fee is $275 per person. **Payment is due prior to the program.** No cash, please.

- ☐ A check (payable to **Bureau of Education & Research**) is attached
- ☐ A purchase order is attached, P.O. #_____
  (Be sure to include priority ID code on the P.O.)

Cards accepted: MasterCard, VISA, Discover, AMEX

Account # _____ Exp. Date: _____ MO/YR

Billing Zip Code: _____ 3 Digit CVV Code: _____ (Found on back of card)

Please print name as it appears on card

FIVE EASY WAYS TO REGISTER:

SCAN QR code or visit: **at.ber.org/regLDG**

EMAIL this form to: **register@ber.org**

PHONE toll-free: **1-800-735-3503**
(Weekdays 5:30 am - 5:00 pm Pacific Time)

FAX this form to: **1-425-453-1134**

MAIL this form to: **Bureau of Education & Research**
3000 Northup Way
Bellevue, WA 98004

Program Hours

All **Live Online Seminars** are scheduled 9:00 AM – 3:30 PM in the time zone indicated. Check in 15 minutes prior. Registrants will be sent login information by email four days before their Live Online Seminar.

Fee

The registration fee is $295 per person; $275 per person for groups of three or more registering at the same time. Call us at 1-800-735-3503 for groups of ten or more. **Payment is due prior to the program.**

Fee includes seminar registration, a certificate of participation and an extensive digital resource handbook. The fee is the same for Live Online Seminars or Recorded Seminars.

WA residents: visit www.dor.wa.gov/TaxRateLookup to find your required WA sales tax rate.

Cancellation/Substitutions

100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the seminar. Late cancellations made prior to the event date will be refunded less a $15 service fee. Substitutions may be made at any time without charge.

Program Guarantee

We stand behind the high quality of our programs by providing the following unconditional guarantee: If you are not satisfied with this program, we'll give you a 100% refund of your registration fee.

Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at **www.ber.org**



LDG7S1

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An outstanding one-day Live Online Seminar

Includes an extensive digital Resource Handbook

Can't Attend Live? Order the Recorded Version to access online at your convenience

LDG7S1

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Bellevue, WA 98004
www.ber.org

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Increase Distracted Students' Attention, Engagement and Motivation

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