

GRIT, PERSEVERANCE and MINDSET: Practical, Proven Strategies for Increasing Learning (Grades 1-5)



A Unique One-Day Seminar Presented by

Lynn Stenroos

Award-winning Teacher and National Trainer

**Specifically Designed for Grades 1-5 Educators:
Classroom Teachers, Reading Specialists, Title I Staff,
Special Education Staff, Behavior Intervention Specialists, Counselors,
Instructional Assistants, and Administrators**

Highly-effective techniques to help you develop a positive growth mindset in your grades 1-5 students

Proven strategies to improve your students' engagement, attitude, grit, and perseverance

The best, most current strategies for building students' motivation, responsibility, self-control, and cooperation

Receive an extensive grit, perseverance and mindset resource handbook, filled with strategies designed to increase your students' intrinsic motivation, emotional intelligence and determination to succeed

Illinois

Chicago North – December 3
(Elk Grove Village)

Chicago South – December 4
(Alsip)

Peoria – December 5
(East Peoria)

Missouri

Kansas City – December 7
(Independence)

St. Louis – December 6
(Clayton)

CEUs and Graduate Credit Available
See page 6 for details

'One of the best, most purposeful seminars I've attended. The value of the resources she shared are immediately apparent.'

– A. KWIATKOWSKI, TEACHER

Ten Key Benefits of Attending

'Lynn is such a dynamic and informative presenter. She 'talks the talk' and 'walks the walk!' Well done!'

– TAMMY FORRENCE, TEACHER



Who Should Attend

Grades 1-5 Educators:
Classroom Teachers, Reading Specialists, Title I Staff, Special Education Staff, Behavior Intervention Specialists, Counselors, Instructional Assistants, and Administrators

1. Help Your Students Develop a Positive Growth Mindset

A positive growth mindset is essential for developing a positive attitude toward academic achievement ... Learn specific ways to help your students develop a positive attitude toward assignments and classwork, and explore the latest research in what growth mindset is and ISN'T

2. Help Your Students Develop Grit, Perseverance and Determination

Learn specific ways of increasing students' grit, determination and passion for learning as well as changing students' attitude toward setbacks or failure ... Build the key skill of perseverance

3. Use Failure as a Powerful Pathway to Achievement

Looking at FAILure as a First Attempt In Learning can change the landscape of your learning environment ... Specific ways to help your students accept failure as part of the process in real learning

4. Increase Student Learning and Achievement

Learn specific structures, activities and practices that increase socially responsible behavior, high quality learning and that maximize academic performance

5. Help Students See Their Primary Role as Learners

Gain specific strategies for empowering students to become self-motivated learners who understand their roles and responsibilities in the teaching/learning process ... Increase self-regulation skills

6. Inspire Maximum Student Effort and Student Agency

Specific ways to create the conditions for students to surpass expectations ... How to best inspire your students to give their maximum efforts and strive for excellence in their work and behavior

7. Integrate Mindset and Visible Learning

Develop new, unique learning strategies to meet varied and appropriate-level challenging goals for all your students

8. Reduce Negative Behaviors and Increase Positive, Productive Attitudes and Behaviors

Prevent discipline problems before they occur and gain specific ideas for how to handle them when they do occur ... Encourage positive, productive work behaviors

9. Discover the Keys to Effective Feedback

Learn how the manner in which we provide praise can either hinder or help academic and social growth ... Provide process praise rather than outcome praise

10. Receive a Valuable Resource Handbook

Each seminar participant will receive a resource handbook filled with ideas, strategies and activities designed to increase students' grit, motivation and growth mindset

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- **Specific strategies to improve students' attitudes** toward learning and their self-concept as learners
- Practical approaches to **increase students' "grit"** — their engagement in the learning process and their ability to persevere
- How to **help students choose a positive growth mindset**
- What research says about how you can **help motivate students to give their best** efforts
- **Practical strategies for preventing discipline problems** from occurring and how to handle them if they do occur
- How to **create a culture of accountability** where students take responsibility for their efforts and achievements
- Practical approaches to **building positive, trusting relationships with students** and creating a learning community where students will put forth their maximum efforts
- How to **create a physically and emotionally safe, orderly classroom** climate where grit, motivation and mindset can thrive
- **Engaging and relevant instructional strategies** that increase student interest and students' time-on-task
- Highly effective ways to **inspire students to persevere** and strive for excellence in their work and behaviors
- **Learn how our perception of behavioral intent affects our capacity to deal with it** and what to do about it



*'Great strategies and innovative growth mindset ideas!
I definitely feel inspired and renewed to return to my classroom! Thank you Lynn!'*

— TENNIE BRAMLETT, TEACHER

Practical Ideas and Strategies

This practical seminar is designed to help you significantly increase your students' motivation, grit, determination, and perseverance. You will learn powerful ways to help your students develop a positive growth mindset and develop a stronger capacity to actively engage in the learning process, give their best efforts in school, and to persevere when they meet obstacles to their achievement. **LYNN STENROOS**, an award-winning educator and outstanding national trainer, will provide a compelling research-based rationale and dozens of specific, practical structures and strategies that have the power to help all students in grades 1-5 become successful. By applying these strategies you can improve students' attitudes toward themselves as learners, decrease off-task or disruptive behavior, increase your teaching time, strengthen student engagement, and increase learning.

The focus of the day will be on specific classroom practices that increase motivation and perseverance in all students, including "unmotivated" or oppositional students. The goal is to help you increase responsible behavior, motivate greater student effort and produce strong gains in student learning.



A Message From Seminar Leader, Lynn Stenroos



Uniquely Qualified Instructor

LYNN STENROOS is an enthusiastic presenter, but most importantly, she is an outstanding, current classroom teacher. Lynn is passionate about using the latest instructional tools and techniques to help all her students find academic success, especially in reading. She brings a variety of the latest, cutting-edge ideas to her audiences, with the goal of enhancing the learning environment and experience of students while at the same time helping teachers work smarter, not harder. Lynn is the author of, *GRIT, PERSEVERANCE and MINDSET: Practical, Proven Strategies for Increasing Learning (Grades 1-5)*, the resource handbook each participant will receive at this seminar.

Lynn is known for presenting seminars that are motivating, innovative, practical and teacher-friendly. **You will leave this seminar not only with valuable information, tools, resources and techniques to increase your students' grit, perseverance and mindset, but recharged and confident; ready to put Lynn's outstanding ideas to immediate use in your own grades 1-5 classroom.**

Dear Colleague:

Over the course of my teaching career, I have worked with dozens of students, many of whom would be categorized as "unmotivated learners." They perceived themselves as "dumb," "not good at learning, writing, math, etc." and gave up when faced with the rigor of the classroom. Many others just didn't see the value in engaging in the learning process and gave up before they even began.

When I gained an understanding of the keys to internal motivation and intentionally addressed them through my management and instructional practices, my classroom was transformed into a place where all students were actively engaged, disruptive behaviors disappeared, and everyone put forth greater efforts to increase their learning and academic success.

This seminar is based on fifty years of motivation research, my personal experience as a classroom teacher in grades 1-5 and upon ideas I've learned from the outstanding educators I have had the privilege to work with in my career.

Over the years, I have presented these ideas and practical strategies to educators throughout North America. The enthusiastic feedback I receive from these trainings encourages me to continue sharing practical ideas and strategies that bring out the best in students.

If you are looking for specific, practical ways to motivate students to improve their attitude toward learning and school, give their maximum efforts, increase their engagement, improve their ability to persevere, and strive to achieve, I encourage you to join me for this highly interactive one-day seminar. I have packed the day with strategies you can use to create a culture of academic excellence and personal (and social) responsibility in your grades 1-5 classroom.

I look forward to meeting you!

Sincerely,

Lynn Stenroos

P.S. Although the ideas I present are research-based, my focus will be on sharing the practical ways any educator can increase students' motivation and willingness to give their best efforts.

"If you are looking for specific, practical ways to motivate students to improve their attitude toward learning and school, give their maximum efforts, increase their engagement, improve their ability to persevere, and strive to achieve, I encourage you to join me for this highly interactive one-day seminar."

What Your Colleagues Say About Lynn Stenroos

"One of the best seminars I've attended in years. So many strategies I can use in the classroom that will make all the difference to motivate even my most reluctant students. Lynn is a great presenter, very knowledgeable, funny and easy to relate to."

– Viveca Robinson, Teacher

"We are taking back so many wonderful ideas to share with our staff and use with our students. Thank you for a great seminar!"

– Aron Ferrell, 3rd Grade Teacher

"Lynn is a great presenter! Full of energy and so knowledgeable. I am excited to try these ideas in my class!"

– Debby Sisson, 4th Grade Teacher



*"This seminar was **so inspiring and filled with strategies** to help my students."*

– Jennifer Udelhofen, Teacher

"Thank you for refreshing my passion for teaching and adding to my pedagogy!"

– Alex Clithero, Special Ed. Case Manager

*"So much great information. **Well done! Fun and inspiring** ... Thanks Lynn!"*

– Cherie Ryan, Para-Educator, 3rd /4th Grades

*"This workshop has given me a new perspective on Grit, Perseverance and Mindset. **I will definitely use the activities from today's seminar in my classroom.** Thanks for making our learning fun!"*

– Rachelle Wilson, 2nd Grade Teacher

Special Benefits of Attending



Online Learning

BER offers educators a wide range of online courses that are affordable, fun, fast, and convenient. BER is now offering On Demand Video-Based courses. You may earn optional graduate-level credits for most courses. See the catalog of available courses at www.ber.org/onlinelearning

On-Site Training

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

Can't Attend?



Related Online Course

A related On Demand Video-Based Online Learning course, *Motivation, Mindset and Grit: Practical, Proven Strategies to Increase Learning*, for Grades K-12, is available for immediate registration. To enroll, visit www.ber.org/onlinelearning

Related Staff Development Audio Training

A related BER seminar, *MOTIVATING THE UNMOTIVATED: Practical Strategies for Teaching the Hard-to-Reach Student* presented by another mindset expert, Chick Moorman, is available on CDs with a comprehensive resource handbook at a cost of \$99.00 plus \$9.00 shipping and handling. To order, call toll-free 1-800-735-3503 (**Stock #A-LUM-2086**) or use the order form on page 7.

Electronic versions of both Chick's seminar and handbook are available in MP3 and PDF format for immediate download on our website, at the cost of \$99.00.

Please visit www.berproducts.org/new.html for more information.



Extensive Resource Handbook

Each participant will receive an extensive resource handbook specifically designed for this seminar. The handbook includes:

- Strategies for increasing students' motivation and engagement
- Practical approaches to increasing students' grit, their determination, ability to learn from failure, and their perseverance
- Proven approaches to helping students achieve a growth mindset

Meet and Share

This seminar provides a wonderful opportunity for participants to meet and share ideas with other educators interested in helping students increase their grit, perseverance and mindset.

Consultation Available

Lynn Stenroos will be available at the seminar for consultation regarding your questions and the unique needs of your own program.

Meet Inservice Requirements / Earn State CEUs

Participants will receive a certificate of participation that may be used to verify continuing education hours.

CEUs Available:

Illinois

5 IL PD Clock Hours Available

Missouri

MO Inservice Credit Available with Prior District Approval

KS Inservice Credit Available with Prior District Approval in Kansas City

5 IL PD Clock Hours Available in St. Louis

Earn One to Four Graduate Semester Credits

Up to four graduate level professional development credits are available with an additional fee and completion of follow-up practicum activities. Details for direct enrollment with Brandman University, part of the Chapman University system, will be available at this program.



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**Best Practices for Developing Grit, Perseverance
and a Positive Growth Mindset**

A Unique One-Day Seminar

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Increase Students' GRIT, PERSEVERANCE and MINDSET (Grades 1-5)

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A Unique One-Day Seminar Coming to a Location Near You

Presented by

Lynn Stenroos

Outstanding Educator and National Presenter

Highly-effective techniques to help you develop a positive growth mindset in your grades 1-5 students

Proven strategies to improve your students' engagement, attitude, grit, and perseverance

Innovative ways to dramatically increase students' tendency to give their best efforts, both inside and outside your classroom

The best, most current strategies for building students' motivation, responsibility, self-control, and cooperation