

MOTIVATION, MINDSET and GRIT: Proven Strategies to Accelerate Learning and Improve Behavior



A Unique One-Day Seminar Presented by

Sandy Stewart

Outstanding Teacher and Presenter

Specifically Designed for Classroom Teachers, Reading Specialists, Special Education Staff, Behavior Intervention Specialists, Counselors, Instructional Assistants, School Psychologists, and Administrators Serving Grades 3-12

Proven practices for improving students' engagement, developing a positive growth mindset and attitude toward learning, and increasing students' grit and determination to achieve academically

Practical strategies that encourage and support students to give their best efforts in and out of class

Classroom-proven strategies for increasing motivation, responsibility, self-control, and cooperation

Receive an **extensive resource handbook** that includes proven practices for increasing students' intrinsic motivation, emotional intelligence, and determination to succeed

New York

Albany – December 5
(Schenectady)

Buffalo (Amherst) – December 2

Rochester – December 3

Syracuse – December 4

Vermont

Burlington – December 6

Graduate Credits Available
See page 6 for details

*'Every teacher should
attend this seminar.'*

– KATIE CARLINO, TEACHER

Ten Key Benefits of Attending

'Sandy presents a wonderful seminar! I'd recommend this to others.'

LIBBY CARTER, TEACHER



Who Should Attend

Classroom Teachers,
Reading Specialists,
Special Education Staff,
Behavior Intervention
Specialists, Counselors,
Instructional Assistants,
School Psychologists, and
Administrators Serving
Grades 3-12

1. Help 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 to see themselves as lifelong learners

2. Increase Students' Motivation to Learn and Succeed

Learn the essential components of student motivation and practical ways to increase students' motivation and desire to do well in class and school

3. Help Students Develop Grit and Determination

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

4. Increase Student Learning and Achievement

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

5. Inspire Maximum Student Effort

Specific ways of creating the conditions for students to surpass expectations ... Ideas for how to best inspire students to give their maximum efforts and strive for excellence in their work and behaviors

6. Help Students Take Responsibility for Their Own Learning

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

7. Teach Students to Better Understand and Manage Their Emotions

Self-regulation techniques are vital and need to deliberately be taught, modeled and promoted in the classroom ... Here's how

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

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

9. Incorporate Mindfulness Activities to Better Focus Students' Attention, Increase Motivation and Reduce Stress

Learn practical ways mindfulness activities can be incorporated into your classroom to help students better focus their attention, regulate their emotions and make more positive choices

10. Receive a Valuable Resource Handbook

Each seminar participant will receive a resource handbook filled with ideas, strategies, structures, and activities on how to increase students' motivation, determination, grit and positive growth mindset

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- **Specific strategies to improve students' attitudes** toward learning and themselves as learners
- **Practical approaches** to increase students' "grit" — their engagement in the learning process and their ability to persevere
- **Specific ways** of helping students choose a positive growth mindset, one that inspires all students to give their best efforts
- **Research-based information** to help you understand what motivates students to give their best efforts
- **Specific strategies to help students better regulate their emotions, stress and anxiety**, control impulses and persevere in overcoming obstacles
- **Proven ways** of creating a physically and emotionally safe, orderly classroom climate
- **Specific techniques** to make sure students are active participants and not passive onlookers
- **Practical approaches** to building positive, trusting relationships with students and creating a learning community where students want to put forth their maximum efforts
- **Engaging and relevant instructional strategies** that increase student interest and time-on-task
- **Effective intervention strategies** that keep the student/teacher relationship intact when discipline incidents occur
- **Highly effective ways** to generate more time-on-task and inspire students to persevere and strive for excellence in their work and behaviors



"Many practical ideas to use immediately."

– LINDA MERGLE, TEACHER

Practical Ideas and Strategies

This practical seminar is designed to help you significantly increase student motivation, grit, determination, and perseverance. You will learn powerful ways to help 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 in their achievement. Outstanding teacher and presenter, **Sandy Stewart** will provide a compelling research-based rationale and dozens of specific, practical structures and strategies that have the power to help all students become successful.

By applying these strategies you can improve students' attitudes toward themselves as learners, decrease off-task or disruptive behavior, increase your time to teach, strengthen student engagement, increase learning, and produce higher student achievement.

The focus of the day will be on specific classroom practices that boost motivation and increase students' ability to persevere, including the seemingly "unmotivated" or oppositional students. The goal is to increase responsible behavior, motivate greater student effort and produce higher student achievement.



A Message From Your Seminar Leader, Sandy Stewart



Uniquely Qualified Instructor

SANDY STEWART is an experienced classroom teacher and an outstanding trainer. As a current, full-time classroom teacher with diverse teaching experiences in both urban and suburban settings at a wide range of grade levels, Sandy knows what works and doesn't. Throughout Sandy's career, she has been passionate about researching and incorporating the best strategies for helping each student reach his/her full potential, academically and socially.

Sandy is the author of *MOTIVATION, MINDSET and GRIT: Proven Strategies to Accelerate Learning and Improve Behavior*, the extensive resource handbook each participant will receive at the seminar.

Participants leave Sandy's seminar inspired, enthused and equipped with a wealth of strategies they'll be able to use immediately upon returning to their classrooms.

Dear Colleague:

My first 15 years of teaching were in an inner city setting where I realized very quickly that motivating students was going to be one of the greatest challenges that I was going to face. That was true then and it still rings true as I enter my 32nd year in education. Very early on I began my own journey in not only understanding the complex theories and research behind motivation, mindset and grit but my passion became how to translate these big ideas into everyday classroom teaching. Over time I also began to understand how these concepts were so closely intertwined with sincere, genuine relationship teaching, engaging academic approaches and setting up our classrooms with the "non-cognitive" social and emotional life skills as well.

Drawing on my many years of classroom teaching experience, the latest research and insights from extensive additional training, I have designed this seminar to provide you with specific ways to motivate students to improve their attitude toward learning and school, increase their daily engagement, improve their ability to persevere and to understand how to change mindsets in a classroom. I encourage you to join me in this highly interactive one-day seminar. The day is packed with realistic ideas and strategies that can be easily implemented into the fast and furious teaching day. I look forward to sharing my enthusiasm, experience and ideas with you so that you, in turn, can create the conditions for all students to succeed.

Sincerely,

Sandy Stewart

P.S. Although the ideas I present are research-based, my goal will be on sharing the **practical ways any classroom teacher can increase students' motivation and willingness to give their best efforts both in and out of the classroom.**

"I have designed this seminar to provide you with specific ways to motivate students to improve their attitude toward learning and school, increase their daily engagement, improve their ability to persevere and to understand how to change mindsets in a classroom."

What Your Colleagues Say About Sandy Stewart

"One of the most useful seminars I've attended in years! Many useful take-aways to share with my teachers. I'm looking forward to getting back into my classroom and reevaluating my relationships with my students."

Rachel Stevens, English Teacher

"Very enjoyable with tons of new materials and activities I can take back to my school. I also appreciated that this applied to not only teachers, but any staff member that connects with students."

Sarah Leclercq, School Counselor

"I appreciate all of the take-away materials that can immediately be used in my classroom. Having the book and website lists will be so helpful."

Carinne Mills, 5th Grade Teacher

"Excellent day. I am uplifted, inspired and encouraged!"

Janet Frye, English Teacher



"Excellent seminar! Useful and innovative ideas that can be taken back and used in my classroom tomorrow."

Susan LaSanta, Spec. Ed. Teacher

"As a new school counselor, I think this seminar was just what I needed to better realize my comprehensible school counseling program. It provided a great starting point to learn more about growth mindset and the various elements that are built within it."

Brad Hughes, School Counselor

"This seminar is not only useful and engaging, but also inspiring. Be prepared to leave ready to transform your classroom!"

Natalie Feliciani, 6th Grade ELA 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/online

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?

Other Professional Development Options:



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/online



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
- Ideas for building responsibility and cooperative behaviors in all your students

Meet and Share

This seminar provides a wonderful opportunity for participants to meet and share ideas with other educators interested in increasing the behavior and learning of their students.

Consultation Available

Sandy Stewart 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:

New York

5 NY CTLE Hours Available

PA CPE Hours Verification Available with Prior District Approval in Buffalo

Vermont

VT Inservice Credit Available with Prior District Approval

5 NY CTLE Hours Available

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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Registration (LMY0F1)

- 1. **Albany** (Schenectady), NY – December 5, 2019
- 2. **Buffalo** (Amherst), NY – December 2, 2019
- 3. **Burlington, VT** – December 6, 2019
- 4. **Rochester, NY** – December 3, 2019
- 5. **Syracuse, NY** – December 4, 2019

FIRST NAME	M.I.	LAST NAME

POSITION, SUBJECT TAUGHT	GRADE LEVEL	

SEMINAR LOCATION 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 are sent via e-mail.
If you would like a confirmation, please provide your e-mail address.**

E-MAIL ADDRESS	

HOME MAILING ADDRESS	

CITY & STATE	ZIP CODE
_____	_____

IMPORTANT: PRIORITY ID CODE: ELMY0F1

METHOD OF PAYMENT – Team Discount Available

The registration fee is \$279 per person,
for teams of three or more registering at the same time, the fee is \$259
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.)

Charge my: MasterCard VISA Discover

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Please print name as it appears on card Signature (required for credit card purchases)

FOUR EASY WAYS TO REGISTER:

REGISTER ONLINE at: www.ber.org

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

PHONE toll-free: 1-800-735-3503 (Weekdays 6 am - 5 pm Pacific Time)

MAIL this form to: Bureau of Education & Research
915 118th Avenue SE • PO Box 96068
Bellevue, WA 98009-9668

Program Hours

All seminars are scheduled 8:30 a.m. - 3:15 p.m.
Check-in 8:00 a.m. - 8:30 a.m.

Fee

The registration fee is \$279 per person, \$259 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.** No cash please. Fee includes seminar registration, morning coffee and tea, a personalized certificate of participation, and an extensive resource handbook.

Meeting Sites and Hotel Accommodations

Seminars will be held at the following sites:

- Albany: DoubleTree – Schenectady, (518) 393-4141
- Buffalo: Marriott – Amherst, (716) 689-6900
- Burlington: Hilton, (802) 658-6500
- Rochester: Hyatt Regency, (585) 546-1234
- Syracuse: Sheraton, (315) 475-3000

If needed, please make your own hotel reservations by calling the appropriate hotel listed above.

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 conference. Late cancellations 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. The Bureau is North America's leading presenter of seminar training for professional educators. Programs are based on sound research, are highly practical in content and consistently receive excellent evaluations.

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915 118th Avenue SE
PO Box 96068
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Research

Increase Students' MOTIVATION, MINDSET and GRIT



**Best Practices to Strengthen Motivation, Mindset
and Grit in Your Classroom**

A Unique One-Day Seminar

Coming to a Location Near You

LMY0F1



Bureau of Education & Research

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