

Peak Area Leadership in Science

Professional Development Opportunities
for Secondary Science Teachers

Three Ways to RSVP:

- www.sciencehubs.org
- email: RSVP@sciencehubs.org
- call Tammy Johnnie at
(719) 337-1552

Brain Matters: How Stress Impacts the Teenage Brain

Saturday, October 10, 2020

8:00 am – 12:00 pm



Facilitated by: **Tim Blesse,**
Teacher Programs Coordinator, DMNS

This will be a Virtual Session using ZOOM.

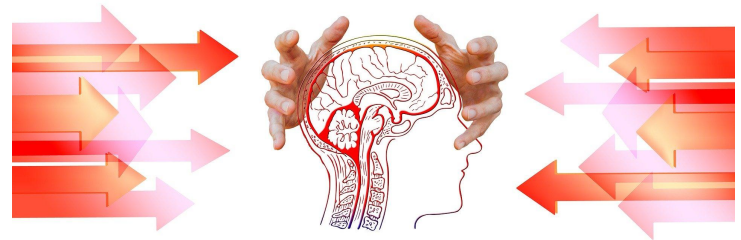
You will receive the link when you confirm your registration

Remember to Join Us Virtually...

- Please register ASAP on or after 9/27. You will need to respond to a confirmation email. Spots are limited !
- Check your technology in advance and hope for a great connection the day of the workshop.
- For the workshop, find a nice quiet and comfortable spot where you can actively engage in the morning's activities.
- Feel free to provide your own beverage and snacks.
- Have your science notebook handy for taking notes !
- Each participant will receive a small pack of brain related 'goodies' and we will be having door prizes throughout the morning, so plan on being fully present !
- Participant packs and door prizes will be available for pickup locally following the workshop.

What will you learn ?

Uncertainty and lack of predictability can stimulate the biological mechanisms of stress. In this workshop, you will have the opportunity to take a practical look at the science of stress from the perspectives of neuroscience and behavior. How do we benefit from stress and get harmed by it? How can we and our teenage students regulate stress in a way that promotes health and learning? You will have the opportunity to learn from the research of experts and interact with peers in a meaningful way.



This workshop is made possible by
GENEROUS funding from the:

**FOUNDATION
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& Jim Mikkelson

Providing Support for Teachers

to Improve Technical Knowledge and Skills

Additional Funding by



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Photo at top provided by Rose DiCenso.

In compliance with Colorado School of Mines regulations, children of participants may not attend Hub meetings or activities.