

INSET DAYS / STAFF MEETINGS KS3&4

Over that last decade brain research has produced considerable advances in our understanding of the adolescent / teenage stage of development. This knowledge can have a huge positive impact on families, children, teaching and schools.

The aim of the Teacher Training Sessions is to unpack some of this new information in a way that is relevant to the particular teaching or learning environment

Below is a list of relevant topics and an outline of their content. All sessions include both front-led input and discussion time. In addition there is space for reflection on how the information can be implemented to support specific situations or specific pupils.

Understanding The Incredible Adolescent Brain Changes – 2 hours

- Key changes in brain capability and structure during adolescence
- Impact of these changes on emotions, relationships with adults and behaviour

Utilising Gender Brain Differences To Facilitate Learning – 1.5 hours

- A detailed look at gender differences that emerge during adolescence and originate in the brain
- Male and female emotional agendas for 11-16 year olds
- How these differences affect learning and teaching

Managing Classroom Challenges – 2 hours

- The impact of the presence of young people's peer group / friendship group in class teaching
- Discussion about challenging behaviour: It's objective for the child and the impact on the class
- Methods and approaches for positively dealing with challenging and disruptive behaviour

Motivating Young People For Exams (Years 10 & 11) – 1.5 hours

- Recognising the early signs of de-motivation
- Creating an 'exam' motivating environment
- One to one conversations to empower and motivate young people

Helping Young People Manage Anxiety – 1.5 hours

- Understanding anxiety and how to spot signs that a child is not coping
- Helping children deal with anxiety episodes
- Providing coping strategies so that children can function and engage in learning

Helping Young People To See Their Future – 1.5 hours

- Emotions that act as barriers to perceiving the future
- Helping young people set aspirational goals for themselves and evaluate the stepping stones required to meet them

Engaging Parents -1 hour

- The role of parents in adolescent learning
- Connecting with 'hard to reach' parents
- Using parental engagement to move children forward in their learning

Coaching Conversations With Male & Female Pupils – 1 hour

- Why 'coaching' conversations are necessary for young people
- When and where to have these discussions
- Essential ingredients for an effecting coaching conversation with pupils

Supporting Children & Young People Who Self-Harm – 2 hours

- Understanding the background to self-harm
- How to manage a self-harm disclosure
- How to support a young person who is self harming
- Behaviour to avoid when supporting a young person who is self harming
- How to signpost additional services



Lorraine Lee Training
www.lorrainelee.org
admin@lorrainelee.org





Lorraine Lee Training
www.lorrainelee.org
admin@lorrainelee.org

