



Self Regulation and the Teenage Student

Facilitator(s):	Michele Jones
Date:	November 07, 2018
Time:	9:00 am – 3:30 pm
Cost:	\$50.00 (includes lunch, which is not prepared in a nut/gluten-free environment)
Location:	Edmonton (ERLC Office at Elmwood School) Room 17/18, 16325 - 83 Avenue
Session Code:	19-MH-083



Target Audience

Grades 7-12 Teachers, Educational Assistants

Dress comfortably, and bring a fully charged electronic device.

About this Learning Opportunity

Most teenage students' executive function skills are not yet at adult levels, yet the daily demands placed on our teens today are. Popular programs like Zones of Regulation seem to end at the elementary level, yet we know our teens are at the highest risk for experiencing poor mental health.

In this session, we will look at what self regulation strategies can fit into the jr/sr. high classrooms. You will be given a chance to try self regulation strategies throughout the day, and there will be time to make a plan of action for making changes that would fit in your classrooms.

This session addresses the LQS competency #1: Fostering Effective Relationships

This session addresses the TQS competencies

- #1: Fostering Effective Relationships
- #4: Establishing Inclusive Learning Environments

This learning opportunity is being provided through funding from Alberta Education.

About the Facilitator(s)

Michele Jones is the Wellness Consultant for ERLC. She has been an educator for over 20 years and prior to joining Edmonton Regional Learning Consortium, she worked in the areas of teacher and student wellness, both at the district and school levels. As a Health champion since 2008, and a past member of the Black Gold Healthy Schools steering committee, she has a wealth of practical knowledge of implementing wellness routines into everyday life.