

#2 POWER UP MEMORY

EDUCATOR

Description

In the fast-paced world of education, stress tolerance often remains overlooked, yet it's essential for maintaining robust memory and preventing burnout. Kaizen's pioneering module shines a light on stress tolerance as a key executive skill, offering a pathway to cognitive resilience and lifelong learning. Join us in revolutionizing education, where stress becomes a catalyst for growth, and memory becomes an enduring legacy.



Executive Function Skills

Focused Attention Stress Management
Self Awareness Flexible Thinking

Educator Topics: Memory 101 | The Forgetting Curve | Optimal Stress | Brain Barometers | Stressors & Ripple Effects | Hazards & Roadblocks | Identify, Anticipate, Plan | Keep, Stop, Try

Format

- A digital and printable portfolio for each educator to capture, individualize and customize their unique Power Up Memory Skills toolkit.
- Guided, self-paced professional and personal development
- Printable posters for your classroom or office to keep memory builder reminders handy.
- "Explore More" Teacher Resource Sections to complement and extend professional and personal development.
- Easy access points to all student teaching videos and toolkit

Time: 3 Hours

Earn another Executive Function Coach badge and "Power Up Memory" Certificate of Completion, complete with documented hours to add to your professional portfolio.

STUDENT

Description

Unveil a revolutionary approach to studying with Power Up Memory. Research reveals an alarming 84% likelihood of students using ineffective study methods. Through proven strategies and engaging activities, students break free from outdated habits, ascending the Tower of Learning with newfound confidence and mastery for academic success and life's endeavours.



Executive Function Skills

Focused Attention Persistence
Planning & Prioritization Emotional Control

Student Topics: Company Brain Study Roles | The Forgetting Curve | Efficiency & Retention Boredom & Stress | Passive vs Active Learning | Tower of Learning | Study Hazards & Roadblocks | Keep, Stop, Try

Format

- A digital and printable student portfolio for each learner to customize, organize and capture their unique Power Up Memory Skills into their toolkit.
- Professionally recorded teaching videos for each topic featuring Samantha Woods, Kaizen's founder.
- Engaging, creative, interactive and practical brain warm-ups and learning activities.
- Printable posters and visuals, including the Tower of Learning, to keep learning in sight and in mind.
- Short quizzes that check for understanding while providing clear explanations of the correct answers.
- Oodles of proven brain tools and strategies for your students to immediately power up their memories and study skills.
- Extension opportunities to keep the executive brain function learning going!

Time: 3 Hours

Earn another Brain Hub Academy badge and "Power Up Memory" Certificate of Completion.