

# Tame Your Digital Distractions Student Virtual Masterclass

*Support students' online learning and help them manage their focus with this 30-minute pre-recorded masterclass video.*

The capacity to manage attention will be the most vital skill to learn and thrive in the 21st Century. In this practical workshop Dr Kristy helps students recognise (through a series of tasks and experiments) the costs of being distracted and debunks the myth of media-

*Session Overview:* Through this highly practical virtual masterclass students will learn:

01. Why their brain finds it hard to resist DIGITAL DISTRACTIONS;
02. Why MULTI-TASKING is a myth (the students complete a quick experiment to understand what happens in their brain when they multi-task); and
03. Easy-to-implement and realistic strategies to ensure that they can sustain their ATTENTION when LEARNING and STUDYING online.

*A link to the video is provided to your school/organisation. The fee includes a site-licence to share the video on your school platform with all students in your school.*

*Suitable for:* Upper primary and secondary students.

Contact Kristy's team to enquire.



DR KRISTY  
GOODWIN

Previous clients...



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