

Taming Digital Distractions

DR KRISTY
GOODWIN

Help students to tame their tech habits so they're not a slave to the screen



Many educators and professionals working with students have reported a decline in students' attention spans. In this practical keynote or professional learning workshop Dr Kristy outlines why attention management is THE most critical 21st Century learning skill.

Kristy will explore:

// How students' attention spans are being hijacked by technology and the impact on their LEARNING, PHYSICAL HEALTH and MENTAL WELLBEING.

// The concept of ATTENTION SPANS and why this will be the superskill of the 21st Century;

// The MYTH OF MULTITASKING and why the brain requires MONOTASKING instead (sharing simple experiments to conduct with students to highlight this point);

// The three board reasons why students are vulnerable to DIGITAL DISTRACTIONS; and

// Practical strategies to implement in the classroom to help students manage their attention (and subsequently improve learning outcomes and mental health benefits).

AUDIENCE - Teachers & health professionals working with 10-17 year olds

DURATION - 1-2 hours (delivered as a keynote or workshop)

DELIVERED - On-stage or online (as a webinar). At your conference, school or online via a webinar which Kristy's team organises

ENQUIRY - info@drkristygoodwin.com



About Kristy

Dr Kristy Goodwin is one of Australia's leading digital learning, distraction and wellbeing educators, researchers, speakers and authors. Kristy is a former teacher and academic and a parent who understands that digital abstinence isn't the solution for kids and teens and instead shares practical and realistic advice about how to best navigate kids' digital world! Kristy has spoken at and consulted with hundreds of public and private schools throughout Australia and Asia, is an active researcher in the field, and delivers keynote addresses in Australia and internationally:

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