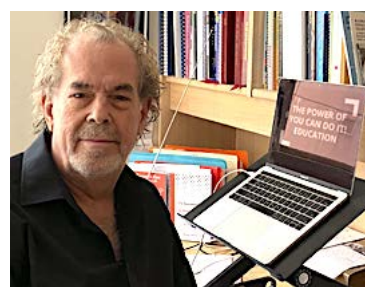


NEWS FROM MICHAEL BERNARD October 2022

Hi

As a specialist in educational psychology, I am keen to ensure that as many students as possible learn, remember and apply to their lives key social-emotional COMPETENCIES.

The field of neuroscience has discovered how the brain and mind operate together to influence students' social-emotional development and, specifically, how students learn.



Our 2023 5th edition of Program Achieve (early childhood, primary, secondary) incorporates new brain-based, social-emotional learning activities written by my colleague, Tammy-Anne Caldwell, one of Australia's leading educational neuroscience specialist teachers.

We welcome you to review these amazing activities. I think you'll agree, they will immediately activate, engage and stimulate students' minds resulting in high levels of learning and overall social-emotional development.

Michael E. Bernard, PhD
Emeritus Professor, California State University
Former Professor, University of Melbourne
Doctorate, Education Psychology
Founder, YCDI! Education

[VIEW EXAMPLES OF NEW ACTIVITIES IN PROGRAM ACHIEVE](#)

The Brain Learns Better when the Mind Is Right

Tammy-Anne Caldwell, The Mind-Brain Lady and one of Australia's leading educational neuroscience specialist teachers, summarises in our latest blog how You Can Do It! Education's social-emotional learning curriculum, *Program Achieve*, incorporates brain-based social-emotional learning activities in its new 5th Edition (*available January 2023*).



[READ THE BLOG](#)



Technical Report

The Brain Learns Better when the Mind Is Right

A brain-based social-emotional learning review of You Can Do It! Education

Tammy-Anne Caldwell

The Mind-Brain Lady
Educational Neuroscience Specialist
Teacher and Presenter
You Can Do It! Education Trainer
Consultant and Co-Author

October, 2022

In a longer Technical Report, you will learn what neuroscience has revealed about how the brain influences how students learn. You will discover the science behind the learning activities that form part of the You Can Do It! Education Program Achieve lessons. Understanding 'how and why' different learning tasks help or hinder the abilities of our students' brains is enormously empowering as a teacher.

Brain-based instructional methods in Program Achieve



Arousing student curiosity and attention with stimulating images, props and discussion.



Heightening brain chemical levels with interactive learning activities.



Challenging tasks which develop students' pre-frontal cortex.



Re-coding activities aids students' processing and memory retention.



Helping students connect new knowledge with previously learnt social-emotional content.



Helping students see lessons as relevant to their lives.



Increasing students' awareness of how to regulate their amygdala when stressed.

[READ THE TECHNICAL REPORT](#)

**NEW STUDENT DIRECTED
SELF-ACCEPTANCE ELEARNING PROGRAM**

ACCEPTING MYSELF

HOW TO HELP YOUNG PEOPLE FEEL WORTHWHILE NO MATTER WHAT

developed by Professor Michael Bernard
with creative content by LMS developer, eCreators

WHY STUDENTS NEED SELF-ACCEPTANCE

Without self-acceptance, students are extremely vulnerable to stress. As a result, they can experience intense anxiety, depression, anger, and under-achieve in their schoolwork.

PROGRAM BENEFITS

Students develop a capacity to change self-criticism to self-acceptance leading to greater self-awareness, self-worth, confidence, self-management, independence and resilience.

Accepting Myself, also known as self-acceptance, is an engaging, innovative social and emotional eLearning student intervention program where students learn a psychological superpower to feel worthwhile no matter what! For ages 9 -16+, this eLearning program incorporates the latest developments in online, interactive instructional technology.

Unfortunately, many young people have a well-developed tendency to take things personally – so much so that they lose sight of their positive features.

[READ MORE](#)

That's a wrap

Feel free to communicate with me (michael@thebernardgroup.com.au) about what's happening at your school with YCDI! including photos and success stories - and difficulties.

Onwards! Michael

Thank you for being part of the YCDI! community. If you know someone who will also enjoy this newsletter please share with an invitation to [subscribe here](#).

Have questions? Get in touch

enquiries@youcandoiteducation.com.au

T +61 3 9654 9982 | Toll Free 1800 155 603



Copyright © 2022 You Can Do It! Education, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).