

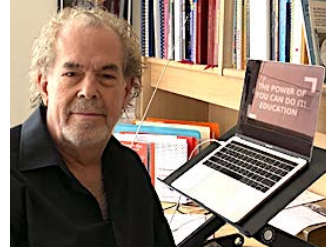


## NEWS FROM MICHAEL BERNARD January 2023

# Hi

2023 has begun – and with it, more challenges than ever for you in meeting the various needs of students – add to that that you may have the added responsibility of parenting your own children.

My recent time spent with schools has revealed great enthusiasm and preparedness to do what it takes to start the year on a high and make it the best school year yet. I have just returned from presenting a full-day professional development You Can Do It! Education workshop at Pialba State School, QLD, where everyone working across the school attended, everyone. Peter Genrich, Deputy Principal, found the time to write: “You would be impressed with the enthusiasm of the staff for the start of the school year. There is a great sense of we are all together for the students.”



**Here’s what I know. Beginning the school year with a focus on students’ social and emotional learning is a must.** When this occurs, students will feel more confident in learning and will be more able to self-manage their emotions and behaviour. By developing confidence, persistence, organisation, teamwork and resilience, students can see that they are active contributors to what happens to them, including their success in schoolwork, wellbeing, and relationships.

For those of you in primary school, I have written a blog included in this newsletter that summarises the 10 steps you can take to ensure that as many of your students as possible are engaged in and benefit from social and emotional learning.

Working together with everyone on the same page of social and emotional learning will bring a bountiful harvest. Promise!

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

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## 10 steps to starting the school year with social-emotional learning

**Prepare students for social and emotional learning.** For students to be motivated to learn about the social and emotional learning skills such as those taught in You Can Do It! Education and Program Achieve, you need to set the stage. You want students to appreciate the importance and benefit of learning about and applying the 5 Keys to success and happiness (Confidence, Persistence, Organisation, Getting Along, and Resilience).



[READ THE BLOG](#)



## FREE WEBINAR BACK TO SCHOOL WITH YOU CAN DO IT! EDUCATION

THURSDAY 16 FEBRUARY 2023  
3.30 - 5.00 PM (AEDT)



[REGISTER NOW](#)

This webinar is hosted by **Professor Michael E. Bernard**, Founder of You Can Do It! Education

**Who should attend:** primary, secondary and early childhood teachers new to YCDI! Education, school leaders with responsibilities for student wellbeing, YCDI! Coordinators, student counsellors, psychologists, chaplains

**You Can Do It! Education Today**

- YCDI's cognitive-behavioural, social-emotional learning framework.
- 10 tips for starting the school year with YCDI! Education
- **New 5th edition of Program Achieve for 2023** (early childhood, primary, secondary): *The brain learns better when the mind is right*. The new edition incorporates new brain-based, social-emotional learning activities into existing lessons will be discussed.
- Research has revealed the elements of the mental make-up of upper-level, high-performing, emotionally healthy students with positive relationships. Michael will briefly present, *The Successful Mind*, a 10-session program that fits comfortably in the packed upper-secondary school timetable.
- Classroom and school-wide practices for embedding social-emotional learning throughout your school-home community.

### Helping Reduce and Prevent Mental Health Issues in Young People

- The main cause of young people's negative self-talk, feelings and behaviour.
- Easy-to-teach ways to help young people recognise and change self-harming and extreme thinking.
- How to help young people not to catastrophise.
- Self-Acceptance. How to help young people to accept themselves no matter what.

Registrants unable to attend the live webinar will be emailed a link to the recorded event.



**16 FEB**  
Thursday



**3.30-5.00pm**  
AEDT

[REGISTER HERE](#)

## Just Published, Program Achieve 5th edition

**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 wanted the introductory activities to be more engaging, stimulating, and challenging, which neuroscience shows leads to better learning, memory, and application of the ideas presented in the lesson. These new brain-based SEL activities replace the videos that appeared in the Engage Students part of the Lesson Plan.

You can read more about the science behind the learning activities that form part of the You Can Do It! Education Program Achieve lessons in our Technical Report: [The Brain Learns Better when the Mind Is Right](#), authored by neuro-science expert Tammy-Anne Caldwell.

Understanding 'how and why' different learning tasks help or hinder the abilities of our students is enormously empowering for 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.

## PREVIEW LESSONS

### *That's a wrap*

Feel free to communicate with me ([michaelebernard@gmail.com](mailto:michaelebernard@gmail.com)) 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 an invitation to [subscribe here](#).

Have questions? Get in touch

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