

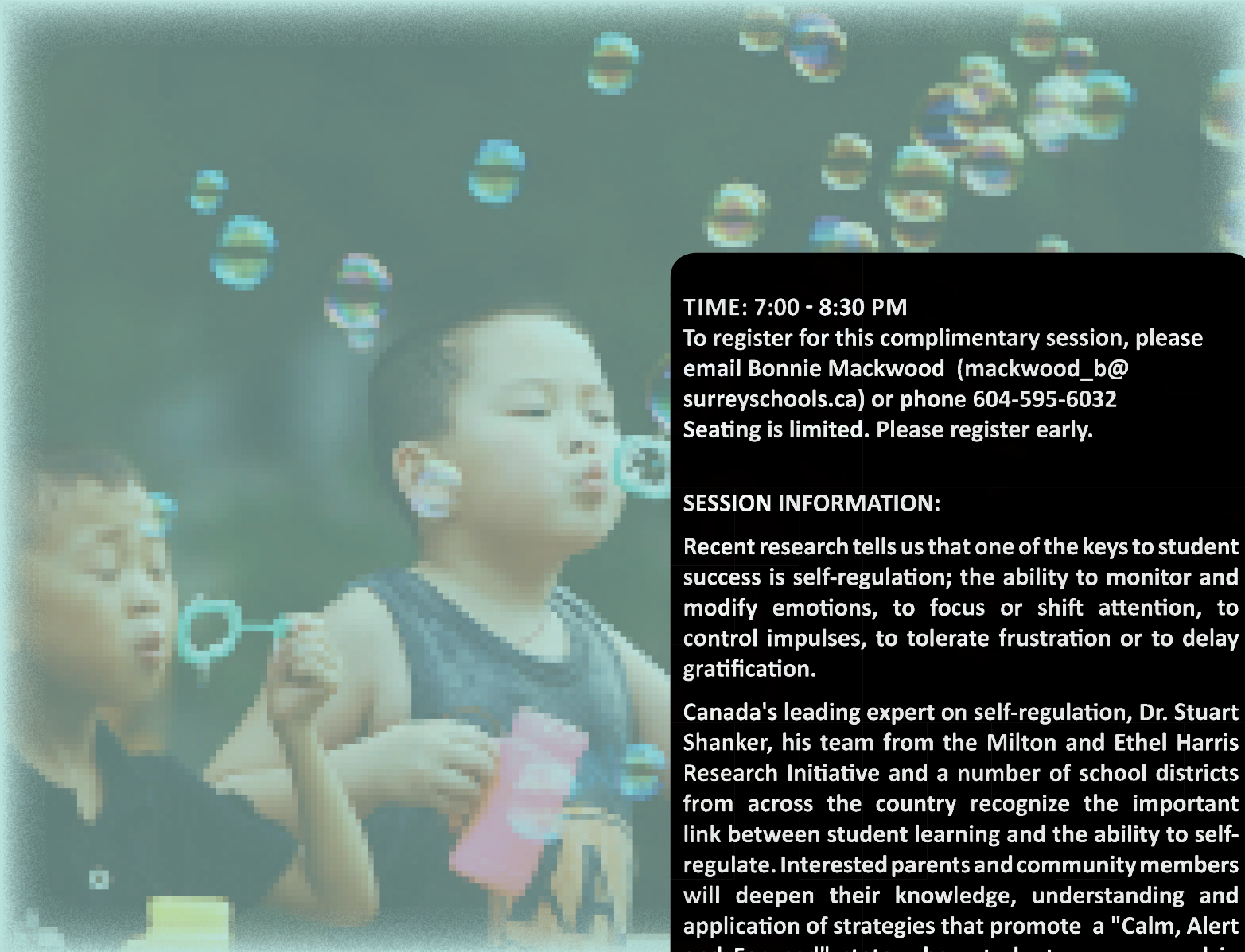
**TUESDAY, SEPTEMBER 18<sup>th</sup>, 2012**

**District Education Centre, 14033 92nd Ave. Surrey BC**

## **PARENT INFORMATION SESSION**

**YOU ARE INVITED TO LEARN MORE ABOUT**

## **SELF-REGULATION**



**TIME: 7:00 - 8:30 PM**

To register for this complimentary session, please email Bonnie Mackwood ([mackwood\\_b@surreyschools.ca](mailto:mackwood_b@surreyschools.ca)) or phone 604-595-6032. Seating is limited. Please register early.

### **SESSION INFORMATION:**

Recent research tells us that one of the keys to student success is self-regulation; the ability to monitor and modify emotions, to focus or shift attention, to control impulses, to tolerate frustration or to delay gratification.

Canada's leading expert on self-regulation, Dr. Stuart Shanker, his team from the Milton and Ethel Harris Research Initiative and a number of school districts from across the country recognize the important link between student learning and the ability to self-regulate. Interested parents and community members will deepen their knowledge, understanding and application of strategies that promote a "Calm, Alert and Focused" state when students are engaged in their learning journey.

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Mapquest link <http://mapq.st/Qa0YWr>