

# Helping Your Distracted Students By Increasing Attention, Mindfulness and Motivation (Grades K-12)



A Unique One-Day Live Online Seminar Presented by  
Presented by

**Jessica Gruttola**

Outstanding Teacher and Presenter

**Specifically Designed Classroom Teachers, Counselors,  
Instructional Specialists and Coaches, Special Education Staff,  
Title I Staff, Behavior Intervention Specialists, Instructional Assistants,  
and Administrators Serving Grades K-12**

**Proven strategies and activities** to better focus distracted and inattentive students' attention and time-on-task

**Powerful mindfulness strategies to increase distracted students' motivation,** ownership and follow-through to enhance their academic achievement

**Help distracted students own and improve their work effort,** learning habits, goal setting, planning, and more

**Ready-to-use resources** to help your distracted students develop better time-management skills and increase their success in school, socially, emotionally and academically

## LIVE ONLINE SEMINARS

**November 21**

**9 AM Eastern, 8 AM Central,  
7 AM Mountain, 6 AM Pacific**

**November 30**

**9 AM Central, 8 AM Mountain,  
7 AM Pacific, 10 AM Eastern**

CEUs and Graduate Credit Available  
See page 6 for details

### CAN'T ATTEND?

Order the recorded version  
and take the seminar online at  
your convenience (see page 6)

*"Jessica's seminar helped  
me understand and  
utilize new strategies to  
help my students."*

# Ten Key Benefits of Attending

*"Jessica's seminar was a good opportunity to reflect on my teaching practices and make changes where needed."*



## Who Should Attend

Classroom Teachers,  
Counselors, Instructional  
Specialists and Coaches,  
Special Education Staff,  
Title I Staff, Behavior  
Intervention Specialists,  
Instructional Assistants,  
and Administrators Serving  
Grades K-12

- 1. Incorporate Innovative Activities to Better Focus Distracted and Inattentive Students' Attention**  
Learn practical ways to incorporate mindfulness activities into your classroom to help students better focus their attention, regulate their emotions and reduce personal stress
- 2. Better Organize Distance Learning Lessons for Distracted Students**  
Learn time-efficient ways to create and deliver virtual lessons that will help keep your distracted students engaged and on task
- 3. Incorporate Powerful Strategies to Maximize Learning and Time On-Task Engagement**  
Learn easy-to-implement strategies to develop a mindful approach to learning that increase distracted students' time-on-task
- 4. Decrease Challenging and Disruptive Behaviors That Can Lead to a Lack of MINDFULNESS**  
Learn effective ways of addressing challenging and disruptive behaviors that can occur when students feel threatened
- 5. Decrease the Number of Unmotivated, Underachieving Students**  
Dramatically decrease the number of unmotivated, underachieving students ... Learn techniques extraordinary teachers use to motivate even the most unmotivated students
- 6. Develop Students' Capacity to Pay Attention**  
Learn innovative ways to improve your students' attention and time-on-task that leads to increased achievement
- 7. Develop a Growth Mindset Classroom Environment**  
Discover powerful ways to develop a classroom environment that builds trust, fosters mutual respect and help student realize their full potential
- 8. Hold Students Accountable for Their Behavior and Actions**  
Learn proven techniques to hold distracted students more accountable for their choices without discouraging them or putting them off
- 9. Create Mindful Moments Throughout the Day**  
Learn the little changes that leave big impressions ... Help your distracted students feel more connected and in control of themselves ... Learn the quick and doable things you can do during the day to help cement students' learning and application of mindfulness
- 10. Receive a Comprehensive Digital Resource Handbook**  
Each seminar participant will receive an extensive digital resource handbook filled with the techniques, strategies and activities discussed in the seminar you can use immediately

# Outstanding Strategies You Can Use Immediately

## What You Will Learn ...

- **The most powerful practices** to better focus distracted students attention and cultivate more attentive and confident learners
- **Proven motivational strategies** that increase student interest, time on-task and self-reflection
- **How to create a Mindfulness culture of accountability** ... Proven ways to hold distracted students more accountable
- How to **develop a learning environment** where students feel comfortable to take risks and are motivated to succeed
- **Practical approaches** for building positive, trusting relationships with students and creating a learning community where students not only want to put forth their maximum efforts but enjoy learning
- **Attention shifts with mindfulness strategies** supporting each learner upon arrival in your classroom
- **Proven ways to increase students' intrinsic** motivation
- How mindfulness can **help students feel more connected to themselves**, their surroundings and their peers
- **Proven ideas** that have been used in high performing classrooms with students of all ability levels with profound impact
- **How to help your students develop positive growth mindsets** both socially and academically
- **Innovative ways** to help your students develop essential self-management skills and increase their success, socially, emotionally and academically
- The **key benefits of practicing MINDFULNESS** and how it can make a significant difference in all your students' success in school



*"Jessica's seminar was informative, supportive and easily applicable."*

## Practical Ideas and Strategies

In this **NEW** and interactive seminar, outstanding presenter, **Jessica Gruttola** shares powerful strategies for more deeply engaging distracted, inattentive and unmotivated students. You'll learn proven strategies that incorporate mindfulness strategies and activities to better focus students' attention, regulate emotions and reduce anxiety that can cause challenging and disruptive behaviors. In addition, Jessica will share practical ways growth mindset, inquiry, and a multitude of highly effective motivational teaching tools can increase engagement and responsibility among even your most unmotivated and inattentive students. **You will leave this seminar with a new toolkit to help your distracted students improve their classroom behavior, build greater confidence and enhance their academic success.**



# A Message From Seminar Leader, Jessica Gruttola



## Uniquely Qualified Instructor

**JESSICA GRUTTOLA** is an outstanding educator, and national presenter, who is known for sharing best practices to improve teaching and learning for all students. Jessica understands the realities of the classroom and the challenges of motivating and engaging distracted, inattentive and unmotivated students. All the strategies Jessica presents are those she has found to be most effective in working with students and educators across the country. Her presentations are well-known for providing practical strategies that can be easily and immediately integrated into the classroom.

Jessica is the author of *Increasing Engagement and Mindfulness for Distracted Students (Grades K-12)*, the comprehensive digital handbook each participant will receive at the seminar. Jessica has worked to develop effective teaching and learning strategies with the goal of helping educators incorporate the most effective strategies to improve student engagement and academic success.

Dear Colleague:

Why is school boring? This is one of the questions I found myself asking after hearing it so many times from students. With all the demands educators currently face, how do we ensure that we are not “boring” and engage even the most distracted, inattentive student? As classroom teacher, administrator, and instructional coach, I have worked with a diverse range of students to implement the most effective strategies that reach even the most inattentive, unmotivated and apathetic students.

I have designed this interactive hands-on seminar to share the most effective strategies I have found for more deeply engaging distracted, inattentive and unmotivated students. I will share proven strategies that incorporate mindfulness strategies and activities to better focus students’ attention, regulate emotions and reduce anxiety that can cause challenging and disruptive behaviors. In addition, I will share very practical ways growth mindset, inquiry, and a multitude of highly effective motivational teaching tools can increase engagement and responsibility among even your most unmotivated and inattentive students. ***You’ll leave with numerous proven ideas you can use immediately.***

I look forward to meeting you online at the seminar.

Sincerely,

Jessica Gruttola

P.S. My focus for our day together will be to share with you **practical, classroom proven strategies that you can implement right away.**

*“I will share very practical ways growth mindset, inquiry, and a multitude of highly effective motivational teaching tools can increase engagement.”*

# What Your Colleagues Say About Jessica Gruttola

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*"This was such an engaging seminar. Thank you for your time and for reminding me of the skills that need to be followed in order to achieve student success and engagement."*

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*"This seminar was amazing. I feel that **the information shared will motivate a lot of our staff or teachers this year!**"*

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*"Jessica's seminar was **motivating, beneficial and relevant to what teachers and students need.**"*

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*"Jessica is very informative. **Her seminar has excellent content and is a very relevant presentation.**"*



## About BER Seminars

### Outstanding Instructors

All programs are led by outstanding, top-rated BER national trainers.

### Extensive Digital Resource Handbook

You'll receive an extensive digital Resource Handbook full of practical strategies and resources.

### Highly Interactive

You'll be able to ask questions, consult with the instructor, and share ideas with other participants.

### Program Guarantee

As we have for 45 years, we guarantee the high quality of our programs. If you are not satisfied, we'll give you a 100% refund.



# Special Benefits of Attending



"Jessica's seminar was enjoyable and very worthwhile."

## On-Site Training

Most BER seminars can be brought to your school or district in-person or online. See the options at [www.ber.org/onsite](http://www.ber.org/onsite) or call 877-857-8964 to speak to one of our On-Site Training Consultants.

## Extensive Digital Resource Handbook

Each participant will receive an extensive digital resource handbook giving you access to countless strategies before, during and after the seminar. The handbook includes:

- Key ideas, specific tips and numerous mindfulness strategies for increasing achievement of distracted and inattentive students you can immediately use
- Essential strategies for increasing students' intrinsic motivation and curiosity for learning
- Ready-to-use ideas to create an energized, engaged and motivated classroom culture built on growth mindsets
- Digital tools to help educators promote a rigorous and supportive classroom climate including resources, reproducible materials, and tools
- Engaging activities that foster successful, independent learning while strengthening reading, writing, listening, and speaking skills

## Consultation Available

Jessica Gruttola will be available to answer your specific questions and the unique needs of your own program.

## Meet and Share

This seminar provides participants an excellent opportunity to meet and share with other educator in increasing the skills of their distracted and less motivated students.

## Meet Inservice Requirements / Earn State CEUs

Participants of Live Online Seminars and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. For details about state CEUs available, visit [www.ber.org/ceus](http://www.ber.org/ceus)

## Earn One to Four Graduate Semester Credits



Up to four graduate level professional development credits are available with an additional fee and completion of follow up practicum activities. Details may be found at [www.ber.org/credit](http://www.ber.org/credit)

## Can't Attend?

### Other Professional Development Options:



#### Recorded Version of the Seminar

Order the recorded version of this seminar to take online at your convenience. You'll have access to the entire course and to the extensive digital resource handbook. To enroll, see registration form on page 7, and for optional CEUs and graduate credit, please visit [www.ber.org/credit](http://www.ber.org/credit)



#### Related On-Demand Online Courses

A related On Demand Video-Based Online Learning course, *Motivation, Mindset and Grit: Practical, Proven Strategies to Increase Learning*, for Grades K-12, is available for immediate registration. To enroll, visit [www.ber.org/online](http://www.ber.org/online)

# Helping Your Distracted Students By Increasing Attention, Mindfulness and Motivation (Grades K-12)

## Registration (LDG3F1)

1. **November 21, 2022** (Start time: 9 AM Eastern)
2. **November 30, 2022** (Start time: 9 AM Central)
- or —
3. **I'd like to order the recorded version of this seminar**

FIRST NAME \_\_\_\_\_ M.I. \_\_\_\_\_ LAST NAME \_\_\_\_\_

POSITION, SUBJECT TAUGHT \_\_\_\_\_ GRADE LEVEL \_\_\_\_\_

SEMINAR LOCATION NUMBER: \_\_\_\_\_ (Please see list above)

*List additional registrants on a copy of this form*

SCHOOL NAME \_\_\_\_\_

SCHOOL MAILING ADDRESS \_\_\_\_\_

CITY & STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

SCHOOL PHONE NUMBER \_\_\_\_\_ HOME PHONE NUMBER \_\_\_\_\_

( ) ( )

**Registration confirmations and login details are sent via e-mail**

E-MAIL ADDRESS (REQUIRED FOR EACH REGISTRANT) \_\_\_\_\_

HOME MAILING ADDRESS \_\_\_\_\_

CITY & STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

**IMPORTANT – PRIORITY ID CODE: ELDG3F1**

## METHOD OF PAYMENT – Team Discount Available




**The registration fee is \$279 per person;**

for teams of three or more registering at the same time, the fee is \$259 per person. **Payment is due prior to the program.** No cash, please.

- A check (payable to **Bureau of Education & Research**) is attached
- A purchase order is attached, P.O. # \_\_\_\_\_  
(Be sure to include priority ID code on the P.O.)
- Charge my:  MasterCard  VISA  Discover
- Account # \_\_\_\_\_ Exp. Date: \_\_\_\_\_ MO/YR
- Billing Zip Code: \_\_\_\_\_ 3 Digit CVV Code: \_\_\_\_\_  
(Found on back of card)

Please print name as it appears on card

## FIVE EASY WAYS TO REGISTER:

-  **REGISTER ONLINE** at: [www.ber.org](http://www.ber.org)
-  **EMAIL this form to:** [register@ber.org](mailto:register@ber.org)
-  **PHONE toll-free:** **1-800-735-3503**  
(Weekdays 5:30 am - 5:00 pm Pacific Time)
-  **FAX this form to:** **1-425-453-1134**
-  **MAIL this form to:** **Bureau of Education & Research**  
915 118th Avenue SE • PO Box 96068  
Bellevue, WA 98009-9668

## Program Hours

All Live Online Seminars are scheduled 9:00 AM – 3:30 PM in the time zone indicated. Check in 15 minutes prior. Registrants will be sent login information by email four days before their Live Online Seminar.

## Fee

The registration fee is \$279 per person, \$259 per person for groups of three or more registering at the same time. Call us at 1-800-735-3503 for groups of ten or more. **Payment is due prior to the program.**

Fee includes seminar registration, a certificate of participation and an extensive digital resource handbook. The fee is the same for Live Online Seminars or Recorded Seminars.

## Cancellation/Substitutions

100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the seminar. Late cancellations made prior to the event date will be refunded less a \$15 service fee. Substitutions may be made at any time without charge.

## Program Guarantee

We stand behind the high quality of our programs by providing the following unconditional guarantee: If you are not satisfied with this program, we'll give you a 100% refund of your registration fee.

## Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at [www.ber.org](http://www.ber.org). The Bureau is North America's leading presenter of PD training for professional educators. Programs are based on sound research, are highly practical in content and consistently receive excellent evaluations.



LDG3F1

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Research

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An outstanding one-day Live Online Seminar

Includes an extensive digital Resource Handbook

Can't Attend Live? Order the Recorded Version to access online at your convenience

## Increase Distracted Students' Attention, Engagement and Motivation

LDG3F1



Bureau of Education & Research

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