

# SPOTLIGHTERS

## HOW DO WE HELP STUDENTS DEAL WITH STRESS?

SPOTLIGHTERS invites you to an afternoon symposium about how to help students deal with stress.

Students who are not taught how to manage their stress effectively will have poor self-regulatory behaviours which persist into adulthood affecting quality of life and contributions to society. The mismatch between our biological stress response system and modern triggers of stress contributes to increasing incidences of chronic stress which can lead to mental and physical health

complications such as depression and increased vulnerability to sickness. Poor stress management can be considered a weakness in terms of lifelong learning and professional competence as it affects productivity, social cohesion, and can lead to school dropouts.

SPOTLIGHTERS is a project that aims to inform educators and students of the potential long-term effects of stress and provide them with the competencies to reduce these potential complications from arising.

### PROGRAMME

24th October | 15:00–18:00

Symposium at Nordre Jernbanevej 6, 3400 Hillerød

15:00 **Sign in and Welcome**

15:30 **Can neuroscience help us manage stress?**

Minna Huotilainen, professor of educational sciences,  
University of Helsinki, Finland

16:00 **Coffee break**

16:20 **The neuroscience behind stress and learning**

Marta Portero Tresserra, lecturer of psychobiology,  
Institute of Neuroscience, Universitat Autònoma de  
Barcelona, Spain

16:50 **Neuroscience-aligned learning design: Identifying and overcoming common educator misconceptions about learning.** - Marc Beardsley project lead of "Spotlighters"

17:05 **Coffee break**

17:20 **Teaching students about their brain and using neuroscience as a teacher** - Mads Lyngø Clauson-Kaas,  
10. Klasse lærer og SPOTLIGHTERS partner

17:40 **How to benefit and learn more**

17:50 **Thank you for today**

SECURE YOUR SPOT ON  
[WWW.SPOTLIGHTERS.EU/SYMPOSIUMS](http://WWW.SPOTLIGHTERS.EU/SYMPOSIUMS)



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