

Committed to Kids

2021 TRAINING CONFERENCE

SESSION DESCRIPTIONS - FRIDAY, JULY 23

9:00am–10:20am - Keynote - Using Music to Enhance Mathematical Learning: Make it Fun!

Trainer: Myriam Aguila, Ph.D.

This interactive session offers participants an opportunity to identify, analyze, exchange, and experience varied musical strategies that can help young children understand and learn different mathematical concepts. It will include theoretical information and developmentally appropriate practices that can be applied in the classroom right away with easily obtained resources.

10:30am–11:50pm - Mindset Matters: How Growth Mindset Changes a Child's Approach to Learning and Life

Trainer: Lara Pauley, M.Ed., Texas Registered Trainer #1187

Grasping the concept of mindset and its importance gives teachers and administrators a powerful tool to instill a growth mindset in the children they encounter. This session focuses on understanding the difference between a fixed and growth mindset as well as the implications on learning and life for each mindset.

1:00pm–2:20pm - Nurture them in Nature through OLE! Texas

Trainer: Tanya Zastrow, M.S, Lady Bird Johnson Wildflower Center at UT Austin

Open the doors and head outside! Children benefit from being in nature with increased engagement and enthusiasm, improved behavior, enhanced attention, increase in physical activity, improved relationship skills, reduced aggression, and reduced risk of obesity. Outdoor Learning Environments! Texas is a statewide research based initiative working to improve the lives of early childhood through the design of outdoor spaces at childcare centers. In this session learn how to incorporate principles from OLE! Texas into your outdoor space at your childcare center.

2:30pm–3:50pm - Understanding the Impact of Caregiver Stress on Child Development

Trainer: Nancy Johnson, M.A.Ed.

Stress does crazy things to us, our health and our behaviors. In fact, we may not even realize the impact of stress on yourself and on the children in your care. Let's be real, stay in check and focus on what matters.