

# LinkED Programs for Educators *and* Parents

Presents



Dr. William R. Stixrud

## The Self-Driven Child:

Promoting a Strong Sense of Control in Kids to Foster Learning, Motivation, and Mental Health

When: **Monday, April 15, 2019**

Time: 8:30 AM check-in, 9 AM – 3 PM program

Where: Hill School

4817 Odessa Ave.

Fort Worth, TX 76133

Cost: \$125 (if registered by March 15, \$100), Lunch Provided

Register at [www.link-ed.org](http://www.link-ed.org)

CPE Credits available

Questions? Call Brenda Worley, 817-336-0808 or email [b.worley@link-ed.org](mailto:b.worley@link-ed.org)

Everyone who works with kids today is concerned about the unprecedented levels of stress, anxiety, sleep deprivation, and unhappiness that children and adolescents are experiencing. Educators are also concerned about the number of kids who are either obsessively driven to achieve academic success or unmotivated to work hard in school. In this workshop, Dr. Stixrud will explain a crucial link between the twin scourges of high stress and low intrinsic motivation, namely a low sense of control. Extensive research has indicated that a healthy sense of control or autonomy is associated with virtually everything we want for our children (and ourselves), including good health, a positive mood, freedom from excessive anxiety, self-motivation, and academic and career success. Conversely, a low sense of control is associated with negative outcomes in virtually every area studied. In this workshop, Dr. Stixrud will share important research and extensive clinical experience, and he will offer many suggestions for supporting the development of a strong sense of control in students. Many of the suggestions are discussed in his new book (co-written with Ned Johnson), *The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives* (Viking Books).

Topics will include empowering students to make their own decisions and learn from their mistakes; the wisdom of parents and teachers being a “consultant” to kids rather than a manager or enforcer; the benefits young people gain when parents and other adults serve as a non-anxious presence in their lives; the challenges of 24/7 engagement with technology; the importance for young people of “radical downtime”; the wisdom of giving kids an accurate model of what it takes to create a successful and satisfying life.

**William R. Stixrud, Ph.D.**, is a clinical neuropsychologist and founder of The Stixrud Group. He is also a member of the teaching faculty of Children’s National Medical Center and an assistant professor of psychiatry and pediatrics at the George Washington University School of Medicine and Health Sciences. He is the author of articles and book chapters on topics related to adolescent brain development, arts integration in education, sleep deprivation, stress, and meditation. Additionally, Dr. Stixrud is the author, with Ned Johnson, of the nationally bestselling book, *The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives* (Viking Books). Dr. Stixrud has been quoted often in publications including *The New York Times*, *The Washington Post*, *The Times of London*, *Scientific American*, *Time.com*, *NPR*, *The Wall Street Journal*, *Businessweek*, *Barron’s*, and *Vogue*. He is a longtime practitioner of Transcendental Meditation and a member of the rock and roll band *Close Enough*.