



Stern Center for Language and Learning

FOR IMMEDIATE RELEASE

June 30, 2010

Contact: Kate Stein at 802-878-2332 ext. 314 or kstein@sterncenter.org

Learning and Lunch

Williston and White River Junction, VT – **Learning at Lunch** will feature informal presentations and conversations with Stern Center experts Blanche Podhajski, Ph.D., Stern Center President and/or Sage Bagnato, M.Ed. Each session will begin with an introduction to the topic then shift to conversation among participants. The education is on us; the lunch is on you. We will be holding similar Learning at Lunch sessions in Williston, VT and Lebanon, NH. The content will vary slightly depending on guests' questions and interests in the topic

Executive Function: Planning, Organizing, and Managing Tasks

Presented by Blanche Podhajski, Ph.D. and Sage Bagnato, M.Ed.

Executive Function is the “CEO of your brain.” This is what helps you with planning, prioritizing, and organizing information and activities. It helps you keep your calendar straight, complete tasks on time, and adapt effectively when met with obstacles. It also helps you monitor yourself to recognize when you might be drifting off track and need to adjust your thinking or planning. Executive functioning skills are crucial to all of us, and for many young learners it is essential to teach such skills explicitly. Strong executive functioning skills lead to success in school, at work, and in life in general.

July 14	12:00 p.m. – 1:30 p.m.	Three Tomatoes, 1 Court Street, Lebanon, NH
July 20	12:00 p.m. – 1:30 p.m.	Three Tomatoes, Maple Tree Place, Williston, VT

Learning in the 21st Century

Presented by Blanche Podhajski, Ph.D.

Learning in the 21st Century will look at all the elements confronting us as learners in this era of too much information, not enough time, diminishing face-to-face communications, social media, ever-increasing responsibilities, and growing expectations of multi-tasking. We will talk about how to balance and integrate high-tech with high-touch learning, how to process the constant wave of language and data in order to not just be smart, but also act smart.

August 17	12:00 p.m. – 1:30 p.m.	Three Tomatoes, Maple Tree Place, Williston, VT
August 18	12:00 p.m. – 1:30 p.m.	Three Tomatoes, 1 Court Street, Lebanon, NH

For more details please contact Jenn Piette at jpiette@sterncenter.org or 1-800-544-4863.

The non-profit Stern Center for Language and Learning is dedicated to literacy for all. Many people who struggle with reading, writing, and mathematics do not learn the same way as those who easily achieve literacy. Stern Center professionals evaluate and teach all kinds of learners, including those with learning disabilities such as dyslexia or attention deficit disorders. The Stern Center is committed to helping individuals identify their learning strengths as well as their needs and to finding solutions that allow everyone to learn. More information available at www.sterncenter.org.

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