


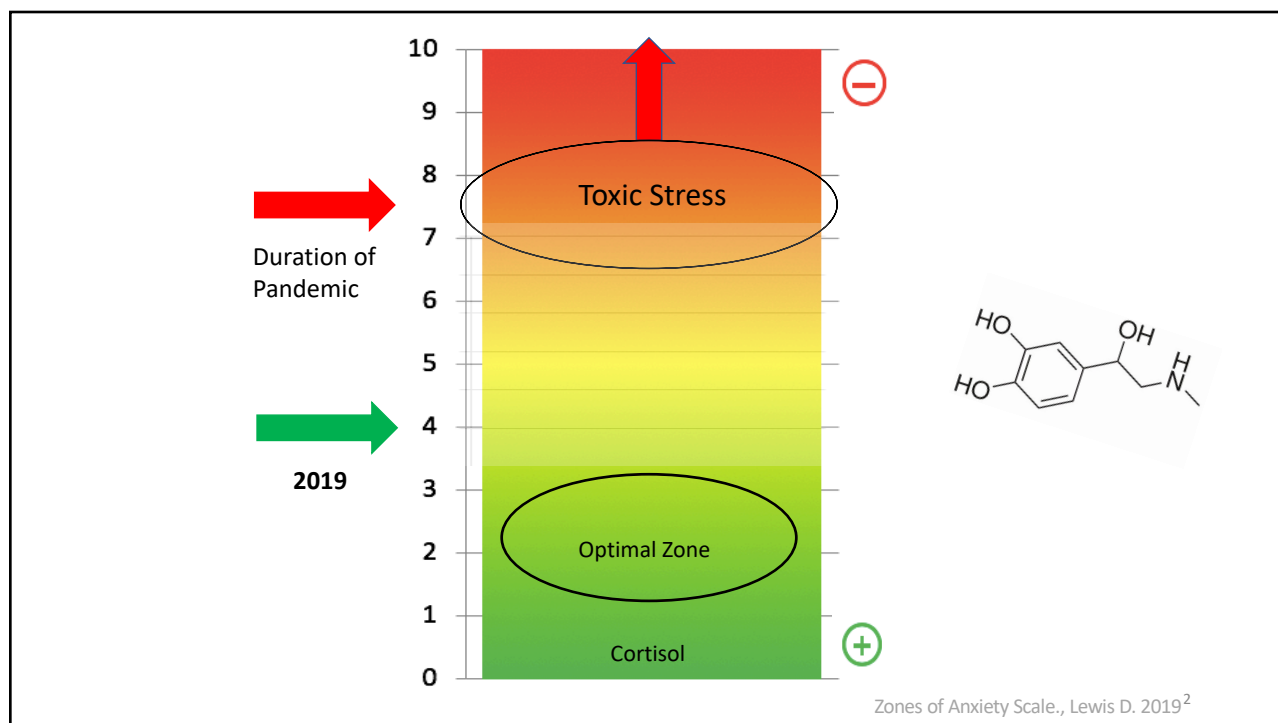
LEVinar: Why the 2021-22 School Year Is So Challenging and Strategies to Support Students



**LEAGUE OF
EDUCATION
VOTERS™**

Presented By:
David Lewis Psy.D., LMHC

1





Too Much Stress

Too much stress = toxic stress = which occurs when we are Overloaded.



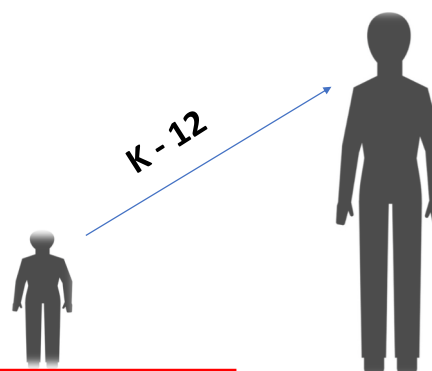
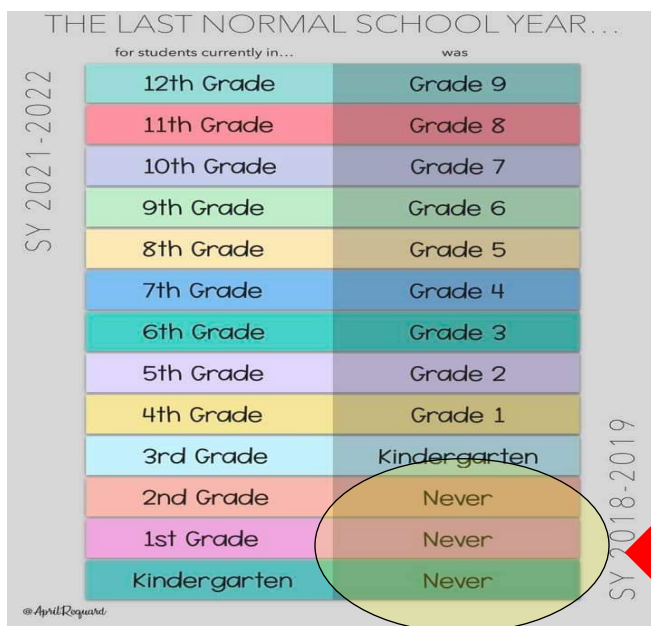
Cortisol

Adrenaline



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3



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4



Disruptions in Access to -

- Academics (in school and out of school support)
- Social Interactions (in class/school and out of school)
- Behavior Shaping and Support (Clear & High Expectations w/ Support)
- Positive and Trusting Relationships with Peers and Adults (in school and out of school)

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5



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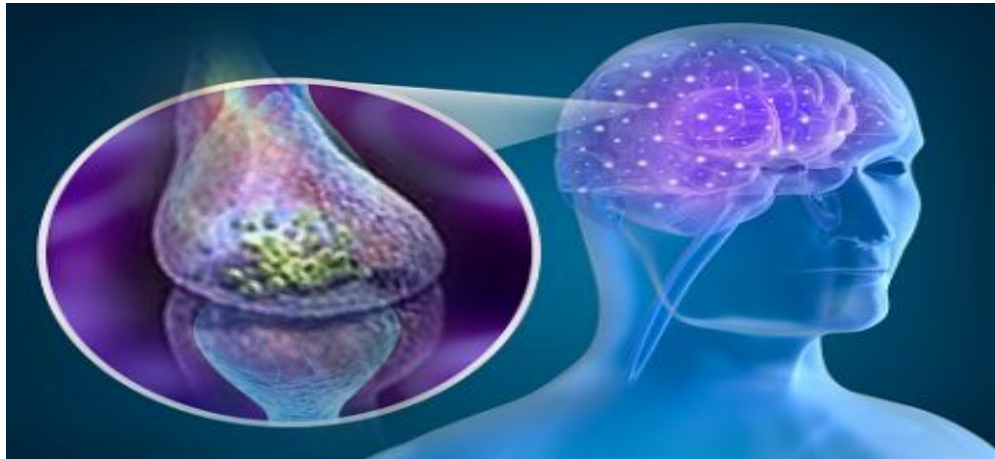
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Consistency & Predictability

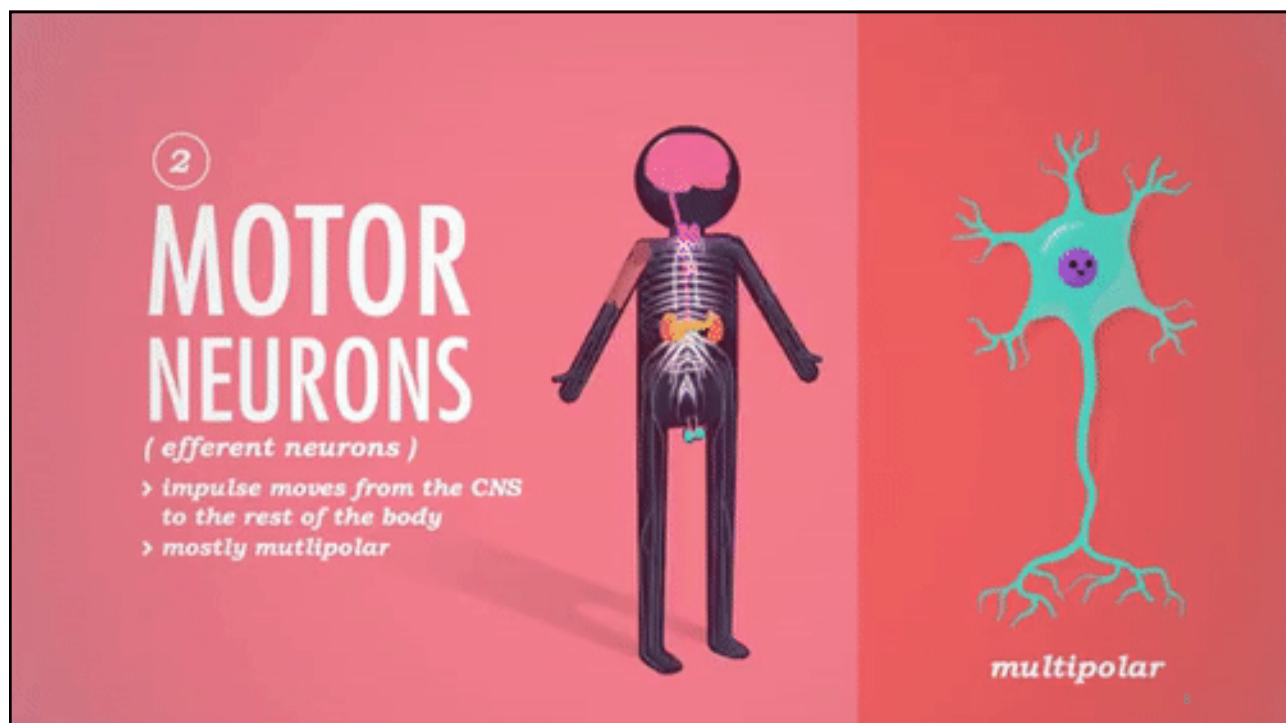


Safety ➡ Positive Relationships ➡ Nourishment ➡ Concrete Needs Met ➡ Positive Self Esteem

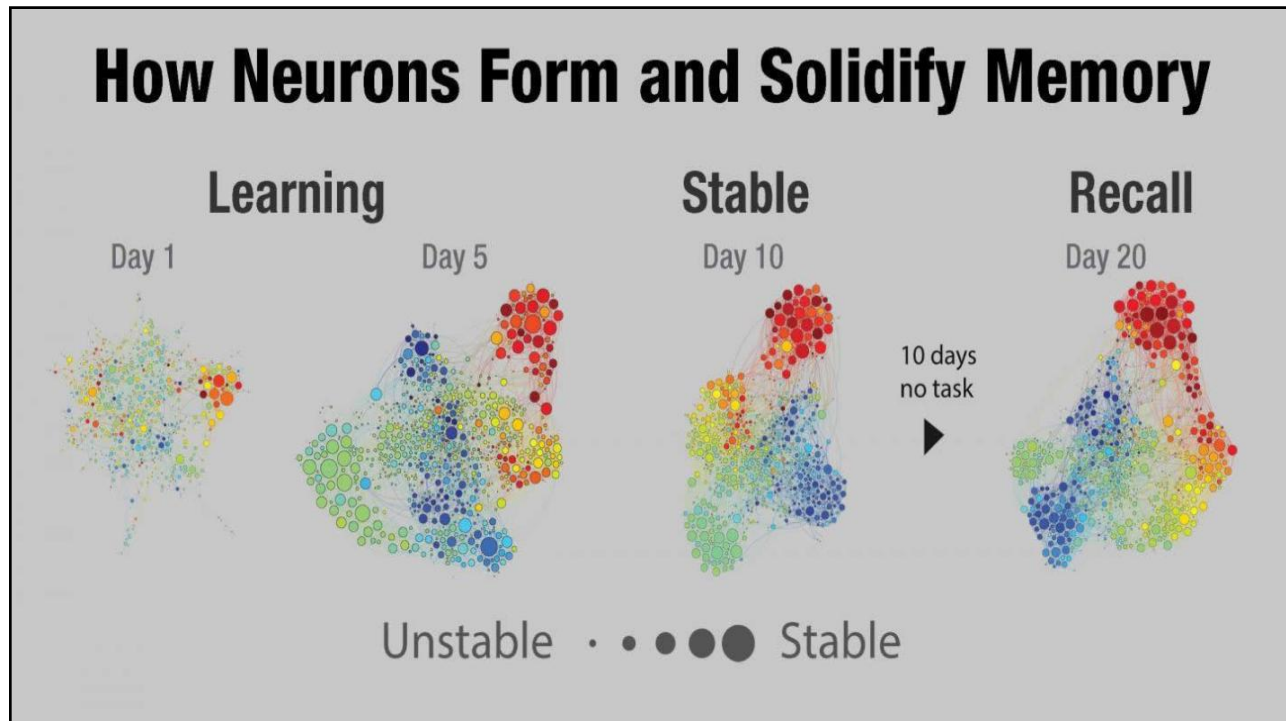


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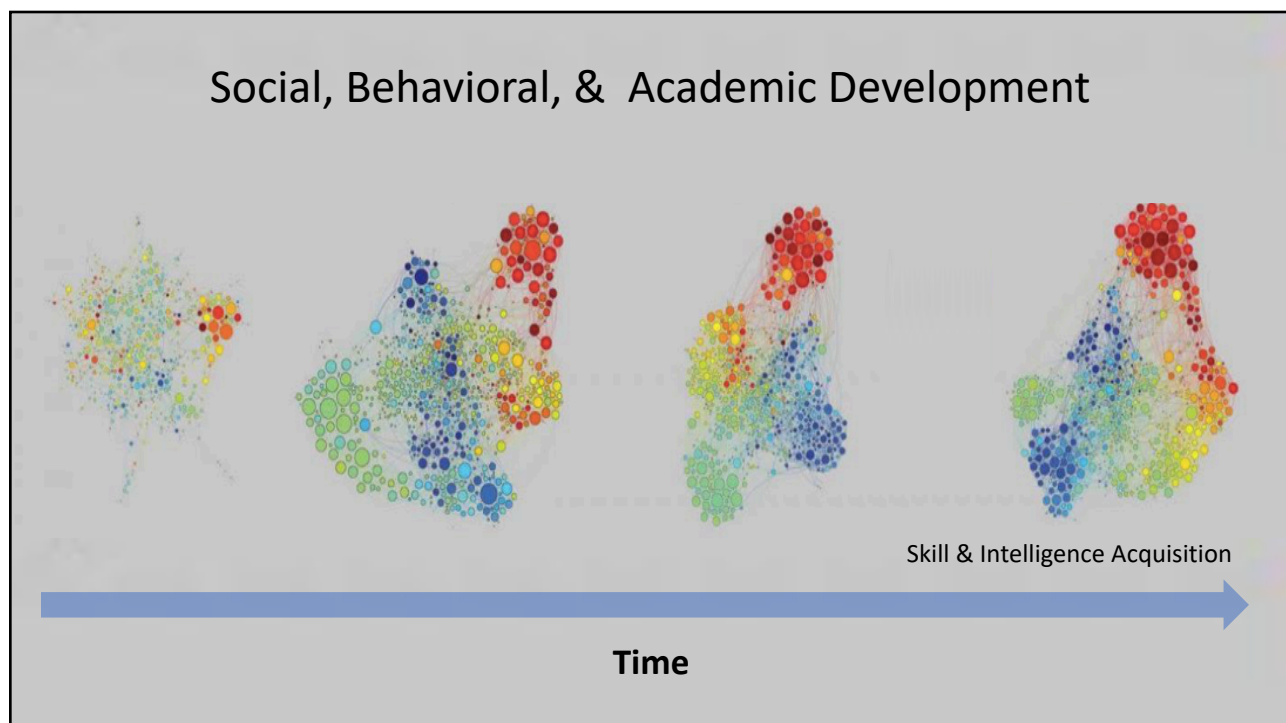
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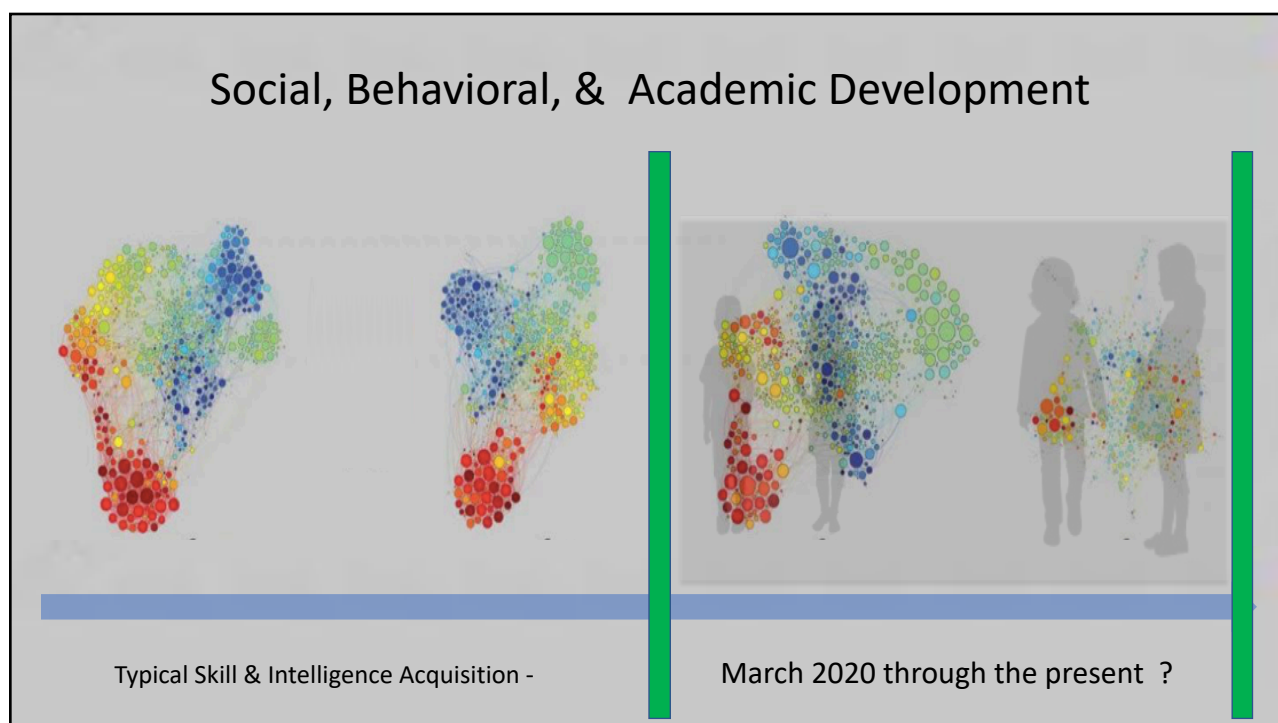
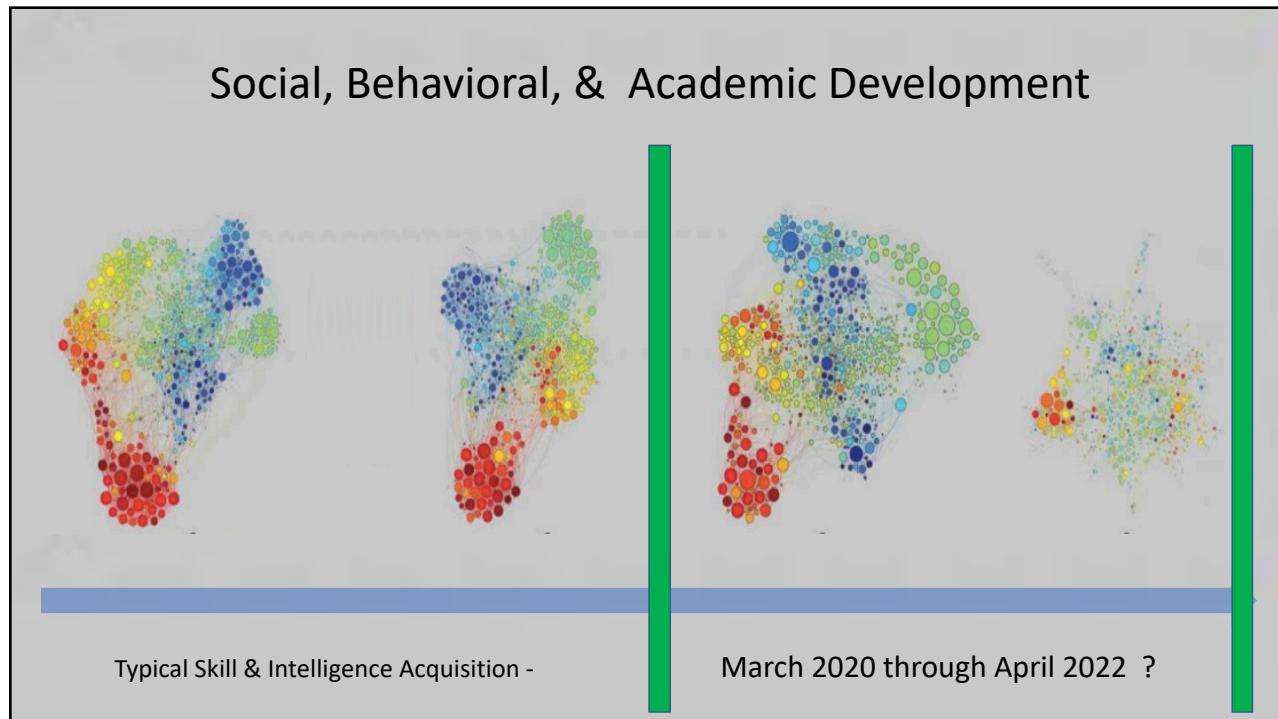


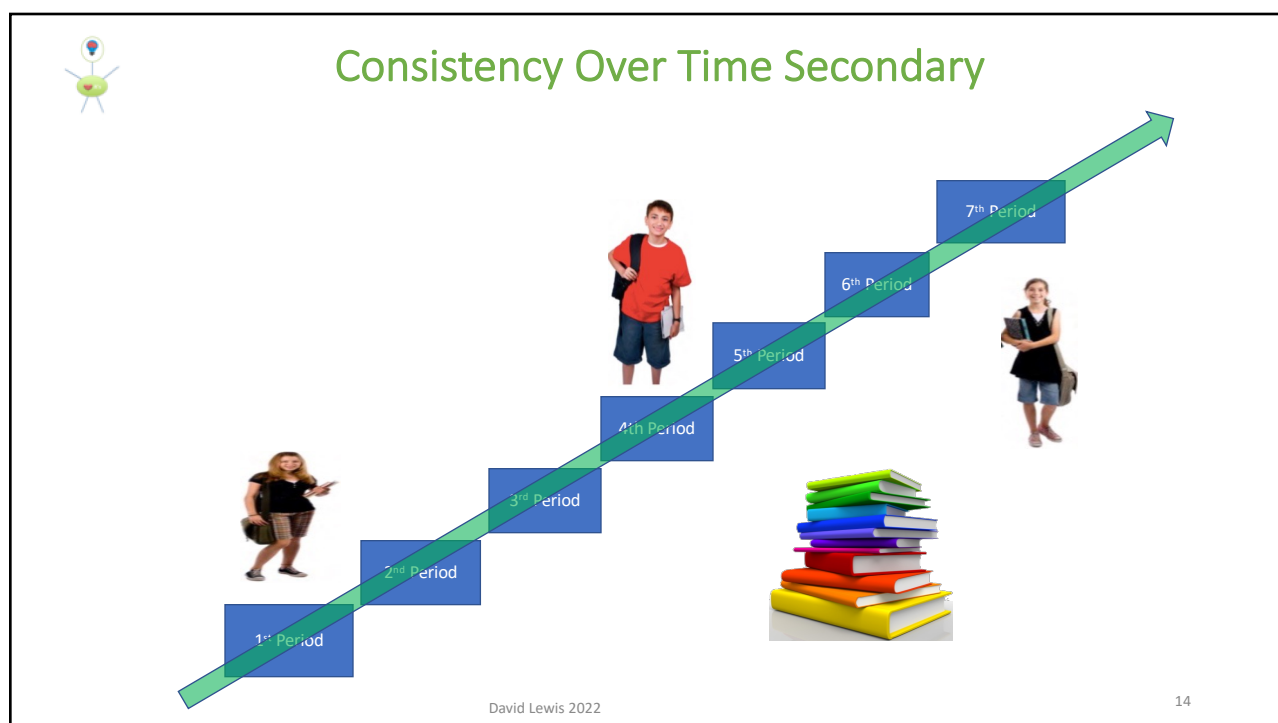
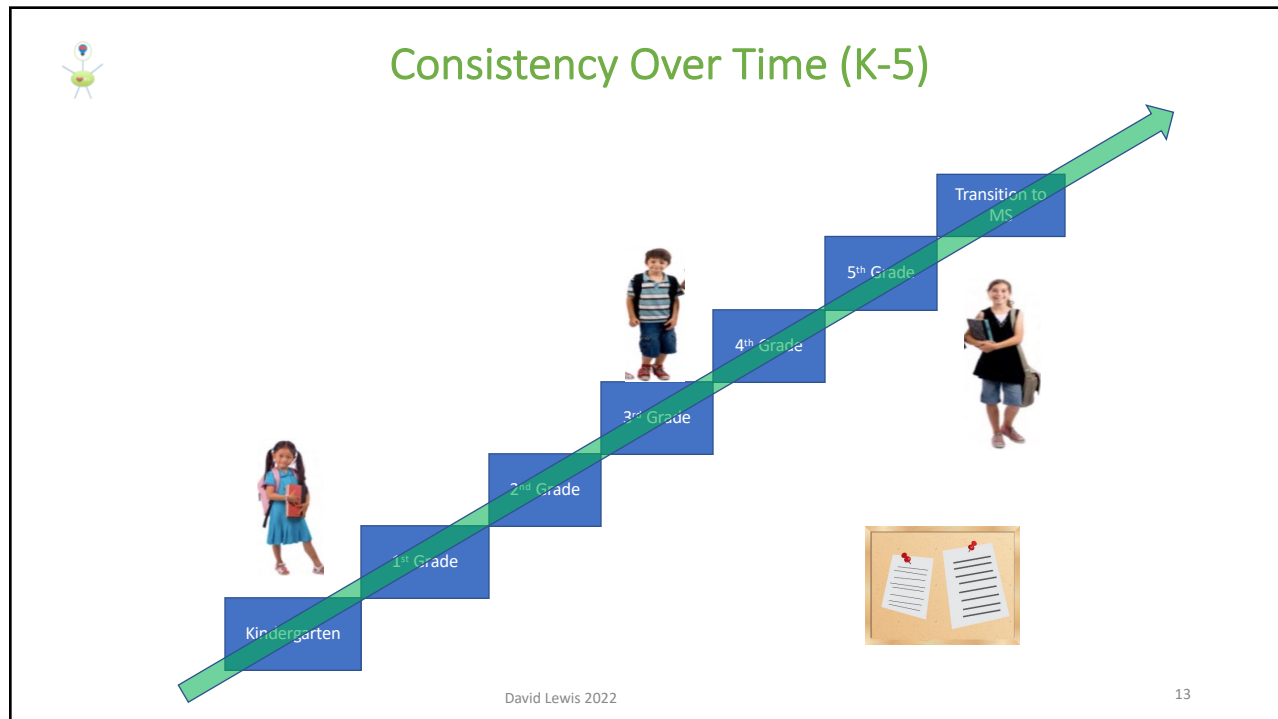
How Neurons Form and Solidify Memory

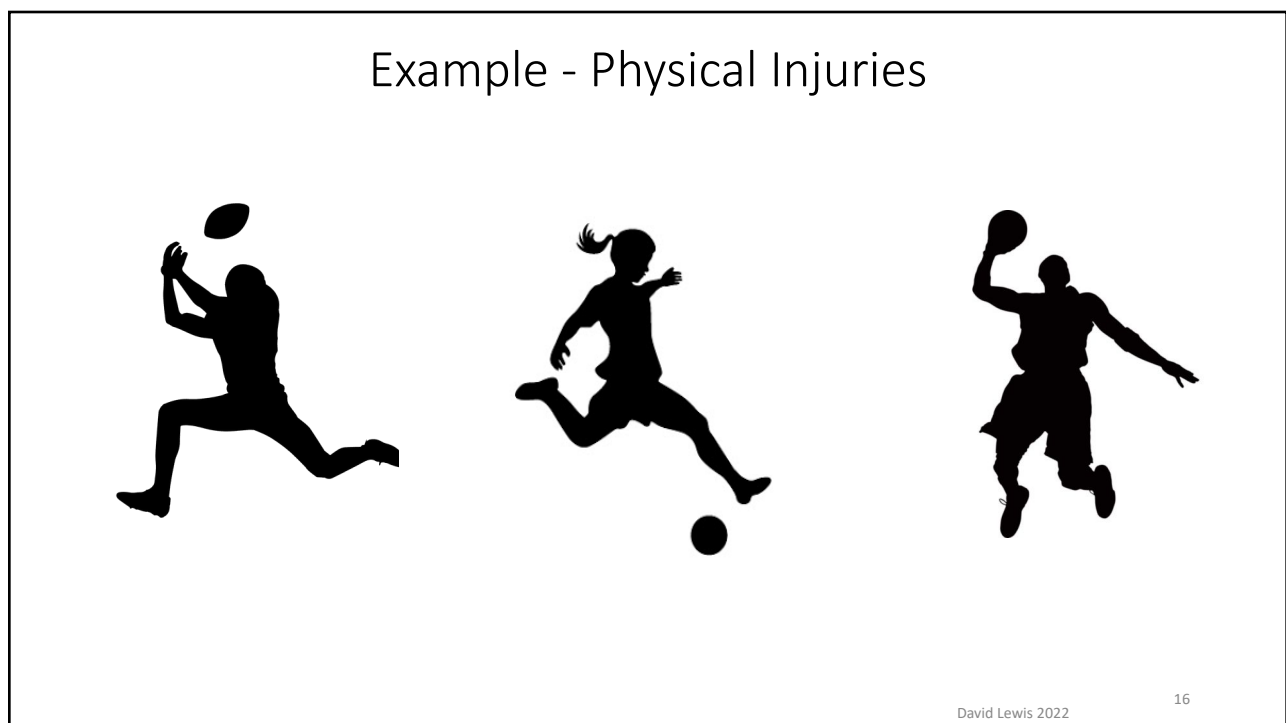
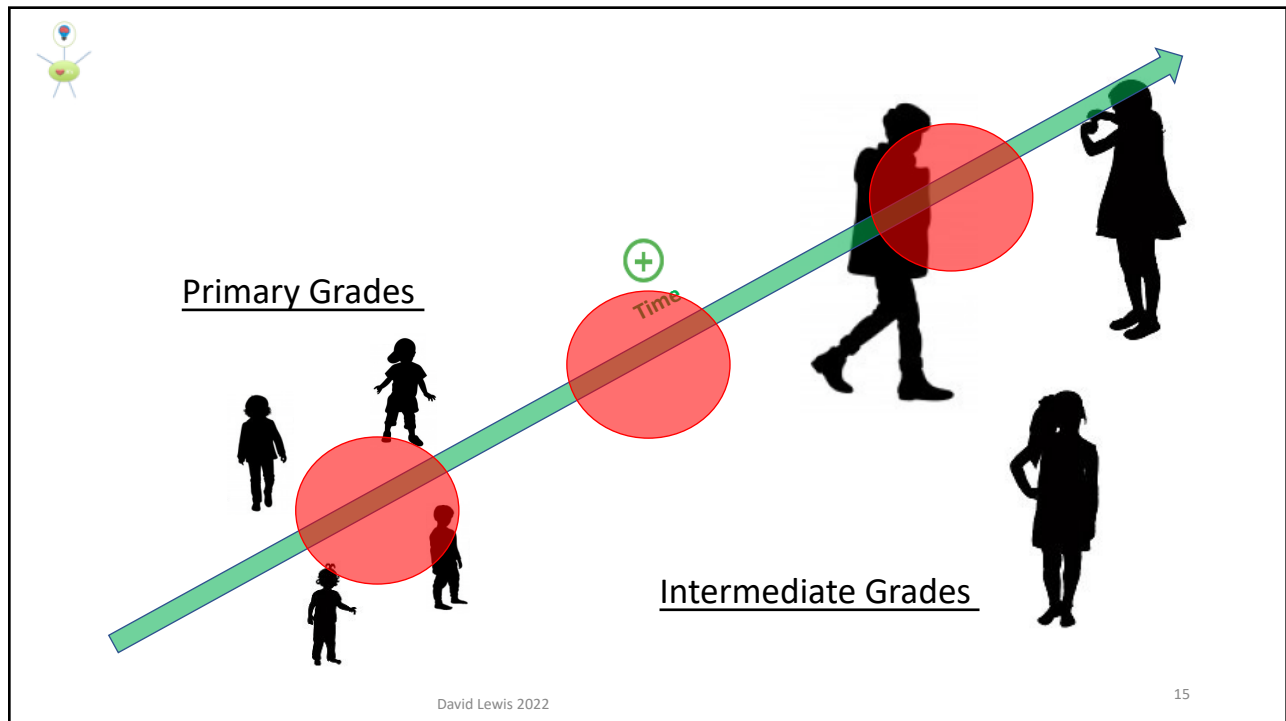


Social, Behavioral, & Academic Development

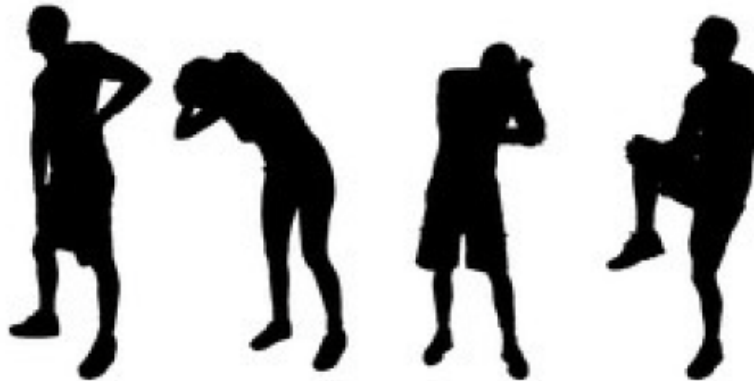






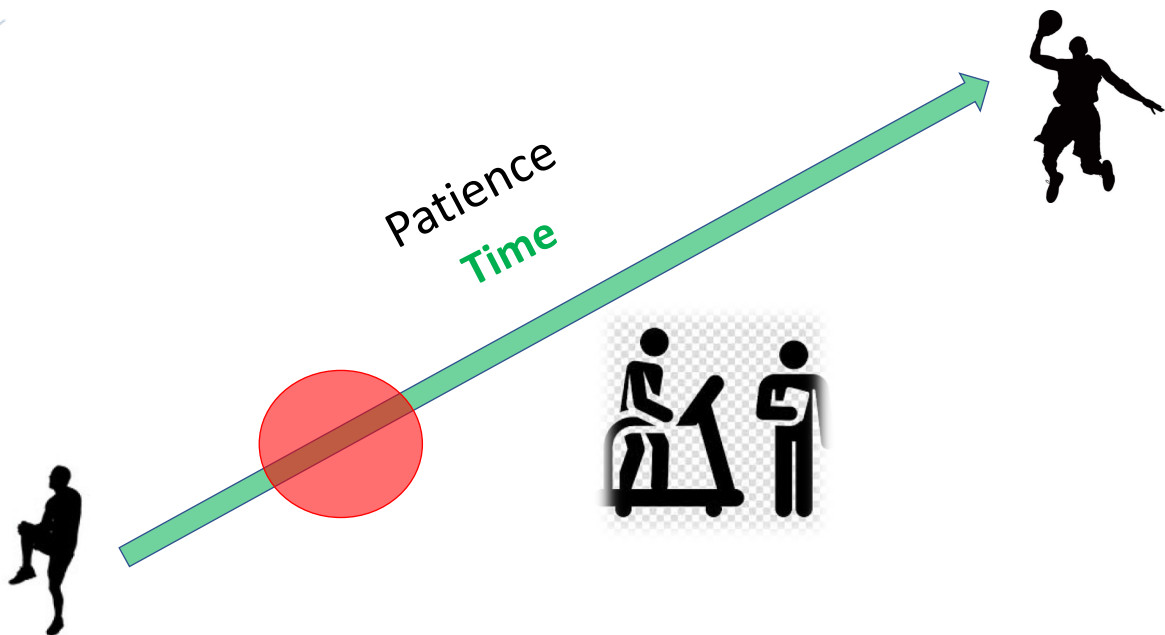


Example - Physical Injuries



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17

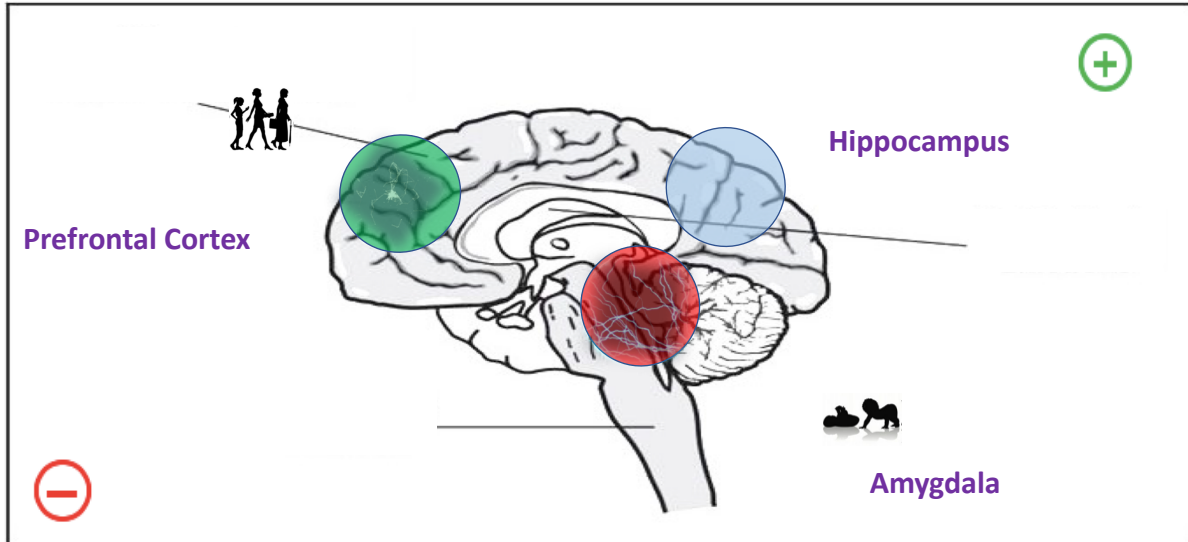


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18



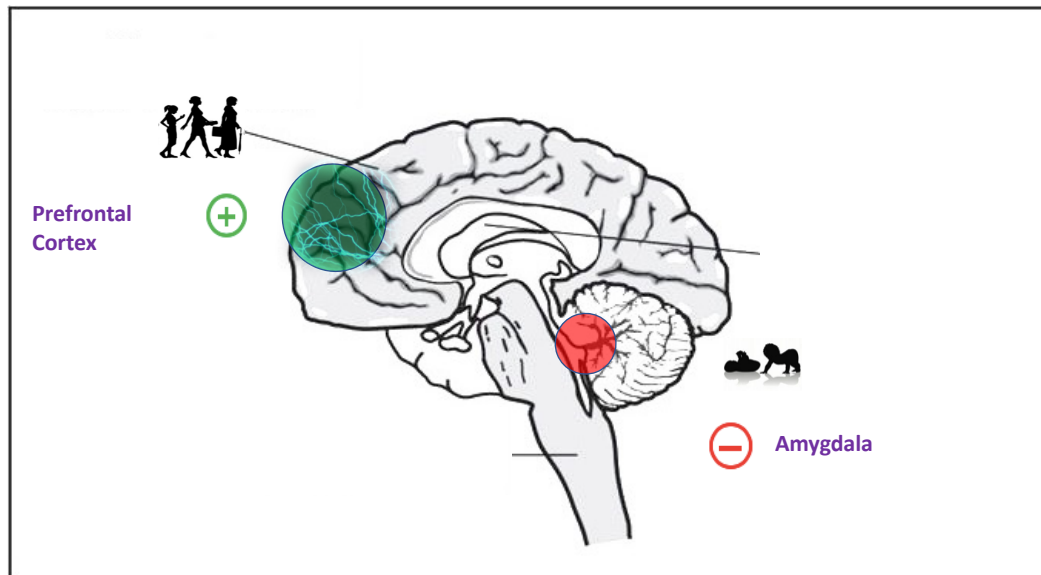
Emotional Brain to Thinking Brain



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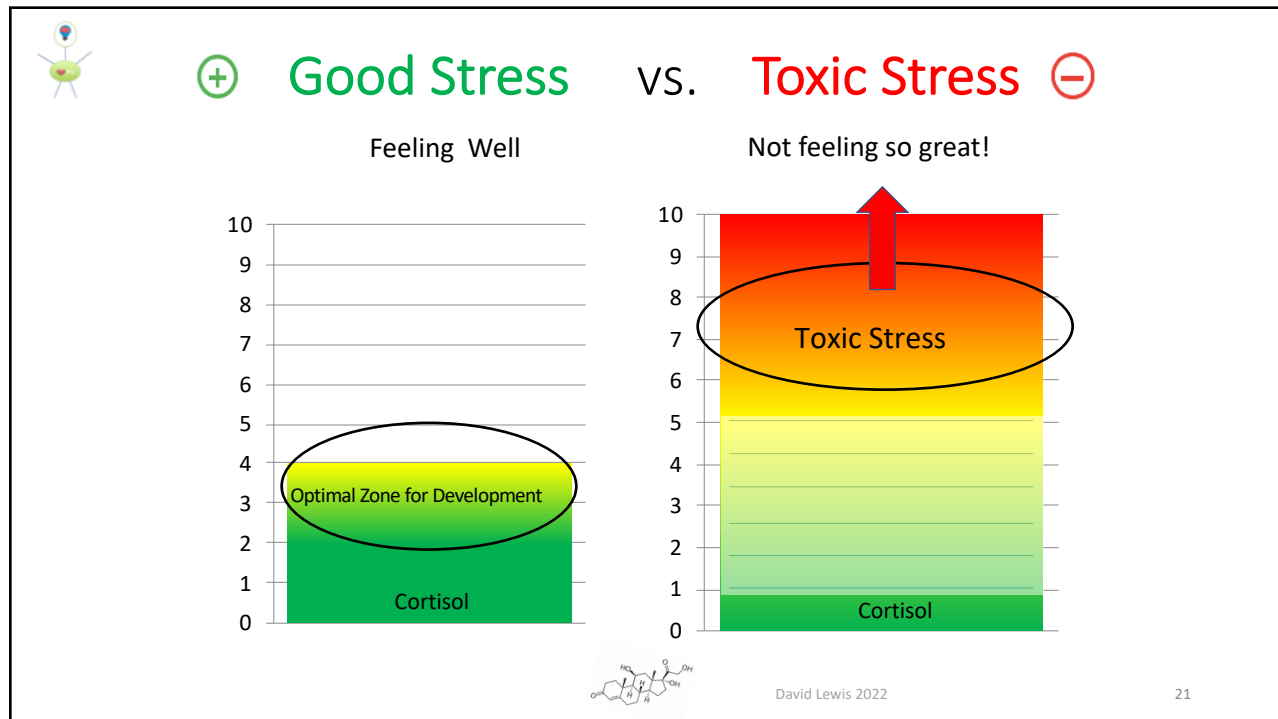
19

Stimulation of the Thinking Brain



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20



What Students Expressed They Need!

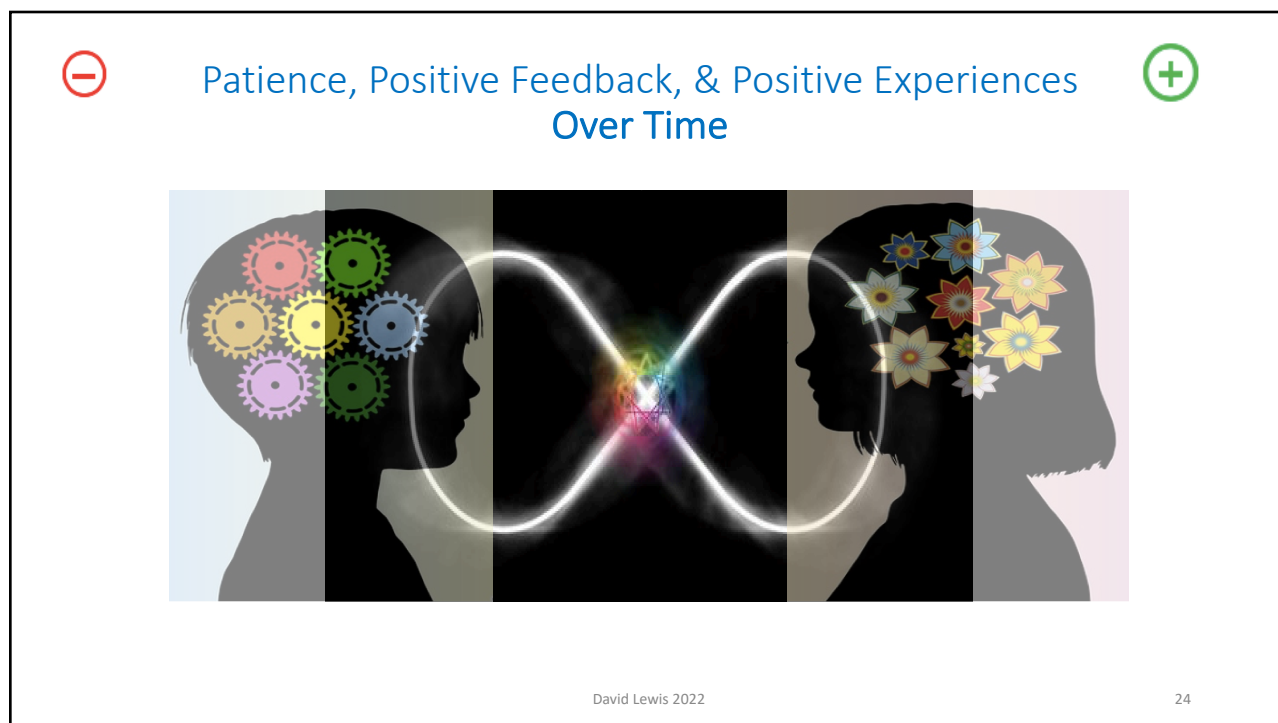
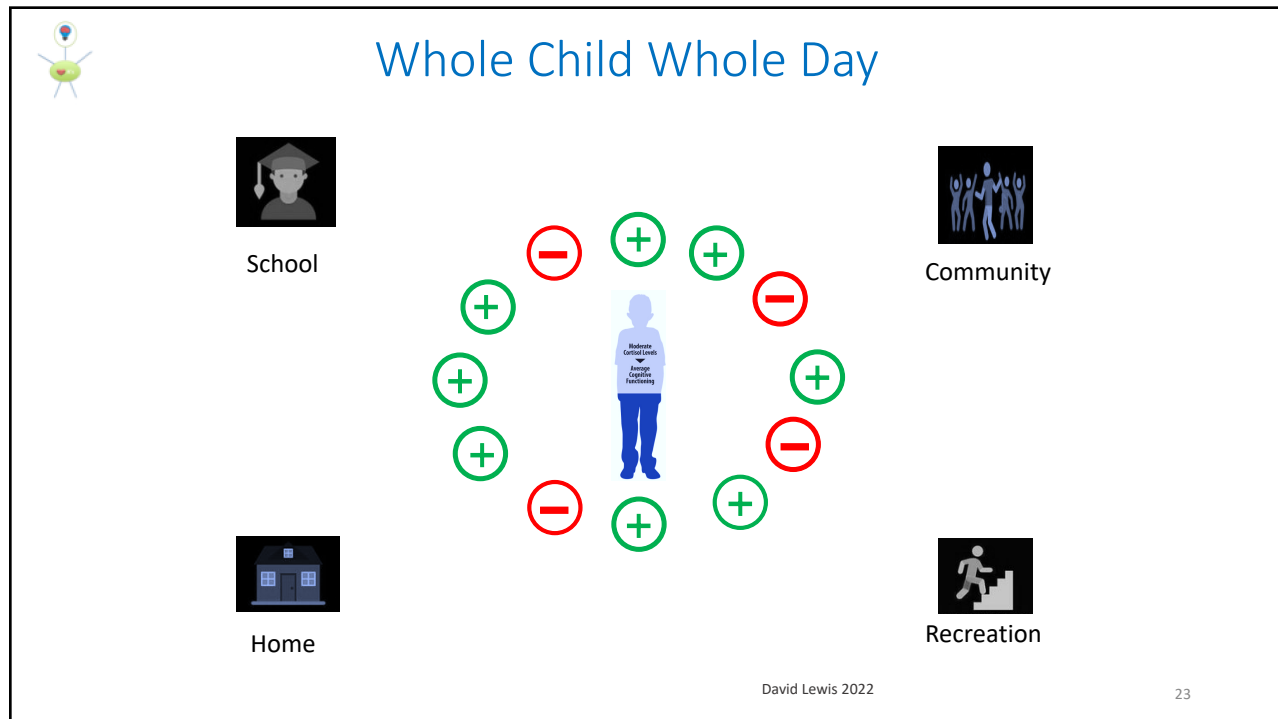
“ I need an environment where I feel like I fit in, and that I belong”
(10th grader new to high school)

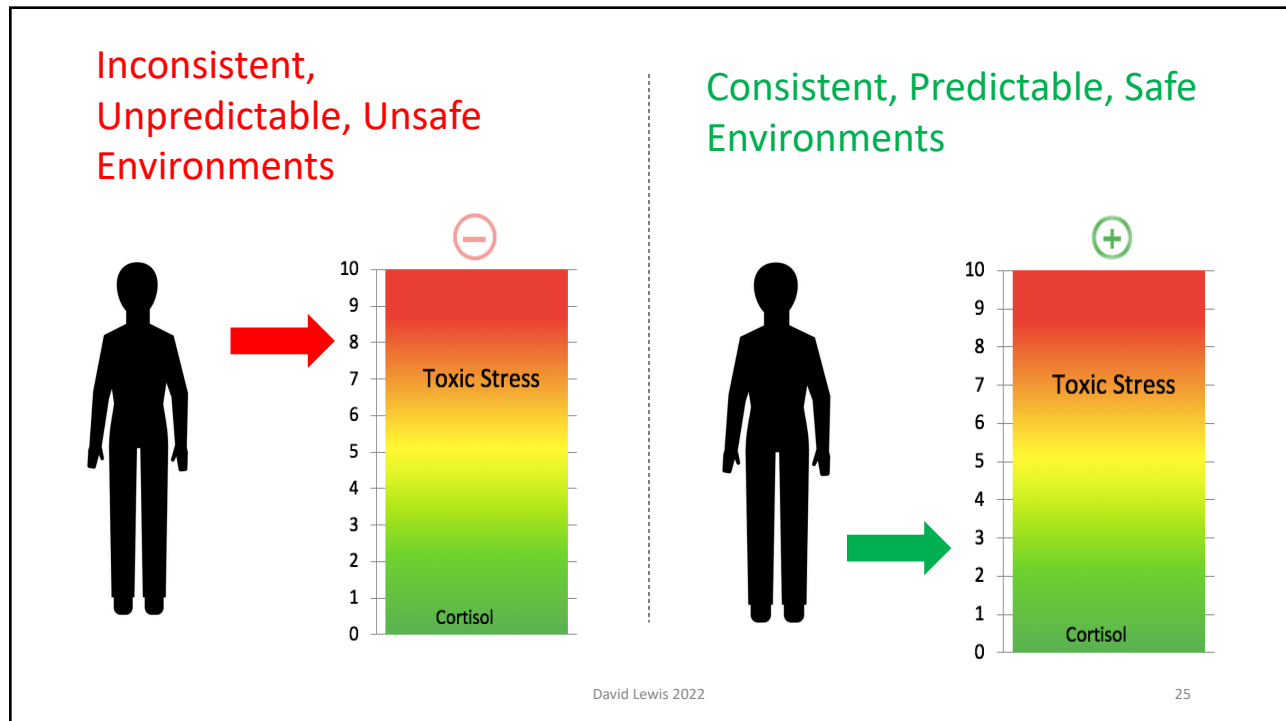
“I need to know what is expected, I had no idea of what to do, everything felt rushed”
(6th grader new to middle school)

“ I need to know that I can trust & depend on people if I need support”
(9th grader new to high school)

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22





Thank You!!

- David Lewis
- DavidLpsychology@gmail.com

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