



## Saanich Professional Book Club

### *Group Reflection*

**Date:** Nov. 28

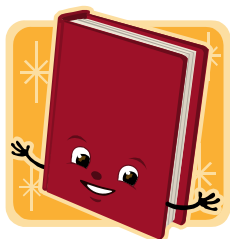
**School:**

**SIDES Contact Person:** Holly Mair

**Book Title:** The Virtual Self: How our Digital Lives are Altering the World Around us by Nora Young.

Please list 3 — 5 key focus points of this session's discussion:

1. Data collection and privacy issues and how those relate to teaching online. We felt most students are unaware of privacy issues. We also discussed how many teachers are using free Web 2.0 tools such as Glogster, Bubbl Us, Mindmeister, etc. When we encourage students to use these (or in some cases require it) are we contributing to their digital footprint and is this a problem.
2. Some tracking applications she discusses in the book are successful in keeping people on track with their goals. One example she gave was Weight Watcher's Online. Can we use any of these strategies to keep kids on-track with school work in a way that does not compromise their privacy.
3. Who has time to track everything? It was shocking to know of how many sites are out there that will track your life for you and additionally shocking to hear of how many people use them.



## Saanich Professional Book Club

### *Group Reflection*

**Date:** Nov. 28

**School:**

**SIDES Contact Person:** Holly Mair

**Book Title:** Brain Rules, by John Medina

Please list 3 — 5 key focus points of this session's discussion:

1. Discussion focussed around the scientific research in the book on the area of brain function and ways to support healthy development. People compared this research with other research on the topic.
2. The author suggested practical changes that could be made to improve brain function immediately. The group discussed ways to capitalize this when working with students.
3. Overall there was some disappointment in the casual tone of the book. The playful writing style seemed a little unprofessional at times. It is also interesting to note that some people appreciated this.



## Saanich Professional Book Club

### *Group Reflection*

**Date:** Nov. 28

**School:**

**SIDES Contact Person:** Holly Mair

**Book Title:** The Woman Who Changed her Brain, by Barbara Arrowsmith-Young

Please list 3 — 5 key focus points of this session's discussion:

1. There was much excitement in this group. The author struggled with severe learning disabilities as a child and in the 60s and 70s the general thinking was that you could not change your brain. Her book gave people hope that she would detail specific ways to support children to help them overcome similar challenges. The highlight for the group was the anecdotes about the students and herself. Many educators in the group could relate to those.
2. Overall the group was disappointed with the lack of specifics about the techniques that she used to help the students or herself. Readers felt she was holding strategies back so you would go be certified by her and buy her program.
3. The conversation slipped away from the book and towards some "tried and true" strategies that different readers had used with students struggling with learning difficulties.



## Saanich Professional Book Club

### *Group Reflection*

**Date:** May. 29

**School:**

**SIDES Contact Person:** Holly Mair

**Book Title:** Organize your Mind, Organize your Life, by Margaret Moore

Please list 3 — 5 key focus points of this session's discussion:

#### **Educational**

Provide our students with strategies and tools to help them organize their time (so many adult students have chaotic lives - big reason why they aren't successful).

Checklists, Schedulers, Learning Coaches, links to online organizational tools.

Sarah listened to audio-book - really enjoyed that - good reminder for us about UDL.

#### **Workplace Productivity**

"Calming the Frenzy" - attending to our emotions, so that we are calm and clear at work. Learning to be calm and focused.

Identifying times when we are most productive and using that time for the most important work

Taking time for "big picture" work - not just dealing with emergencies. Scheduling things into our calendars.

Finding ways to politely shut down those who distract us from our work. (Sarah talked about the "Fire Alarm" signal they now use in the solarium when someone interrupts...)



## Saanich Professional Book Club

### *Group Reflection*

**Date:** May. 29

**School:**

**SIDES Contact Person:** Holly Mair

**Book Title:** Mindset, by Carol Dweck (thanks Diana and PGC for the suggestion!)

Please list 3 — 5 key focus points of this session's discussion:

#### **Educational:**

Lens through which we can view learning and teaching

We can create a culture of growth

- We can both teach growth mindset and embrace it ourselves (in believing that every student, with enough effort, can be successful).
- We can incorporate messages on our message boards and send out emails acknowledging that the work is hard but that students are capable.
- Feedback - avoiding praising ability. Showing students what they can do and where to go next.
- Add tools in some courses, chunking information more effectively.
- Emphasize process over rote knowledge.
- Changing assessment and instruction in elementary. (Moving toward skill building, continuum...)
- Give students the platform to to empower them.

#### **Wellness**

We can embrace growth mindset in our own lives, our personal and family relationships.

Push ourselves to step outside of our comfort zone and learn new things, model for our students, children.