



Southern Connecticut
State University

COLLEGE OF EDUCATION

CENTER OF EXCELLENCE
FOR TEACHING AND LEARNING



MENTAL HEALTH AS IT RELATES TO TEACHING AND LEARNING

MINDFULNESS TOOLS FOR TEACHERS AND LEARNERS: NEUROSCIENCE INFORMED STRATEGIES FOR EMOTIONAL RESILIENCE

Thursday, March 31st

5-6 pm

**Dr. Denis G.
Sukhodolsky**



Featured Speaker
*Professor, Child Study Center
Yale School of Medicine*

**Dr. Michael
Crowley**



Featured Speaker
*Associate Professor, Child Study Center
Yale School of Medicine*

SESSION DESCRIPTION

The Pandemic has placed a great mental health burden on students and teachers. This talk will discuss a mindful approach to coping with negative emotions, with implications for learning and the mindful brain..

*Moderated by Kari Sassu
Director of the Center for Teaching and Learning*

*Made possible with support
from the Dean of Education*