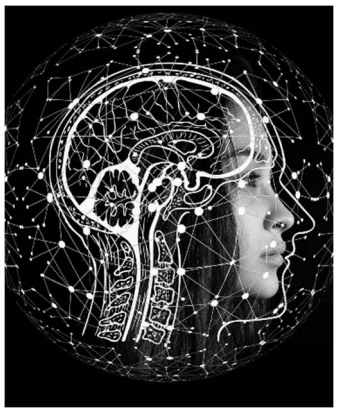


Buffering the Impact of Technology on Well-being:

Empowering Students to Put Technology in Its Proper Place

Kathy Pierce Howard – Presenter
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Equip Students with:

- ✓ TRUTH
- ✓ CONNECTION
- ✓ CONFIDENCE

Well-being Domains:

- Social
- Emotional
- Physical
- Intellectual/Cognitive
- Spiritual

Notes: _____

Technology is not a part of students' lives; it is their lives.

Resources:

Reducing Screen Time*: https://www.edweek.org/technology/how-to-lessen-screen-time-in-schools-and-make-it-more-effective/2026/04* ~ *Education Week*

Cognitive Offloading: *https://www.psychologytoday.com/us/blog/the-asymmetric-brain/202602/cognitive-offloading-using-ai-reduces-new-skill-formation* ~ *Psychology Today*

The Social Institute: https://thesocialinstitute.com/

Free AI Fluency Courses: https://academy.claude.com/courses/ai-fluency-framework-foundations/introduction-to-ai-fluency

Social-Emotional Health: 21-Day Challenge

By Kathy Pierce Howard – *Available on Amazon*



> Growing is a joyful lifestyle that relieves us of the pressure of perfection and leads us to a place where we can make a greater and more positive impact every day. ~ Kathy Pierce Howard

Educator's Guide to Sustainable Well-being Coming soon!
Send me an email to receive a book-launch notification

Website for Lesson Plans and Ready-to-Use Materials:

Prep4Success Academy Curriculum – https://www.prep4successacademy.com/

Social-Emotional Health Podcast with Kathy:

https://www.podbean.com/ew/pb-buax2-14dc31b

Articles and Self-Care Newsletter:

Monthly Myrrh Newsletter: https://app.smore.com/n/02np7b

Building Lifelong Resilience: The Social-Emotional Skills Connection https://www.acsi.org/blog/post/blog/2024/04/16/building-life-long-resilience-the-social-emotional-skills-connection

Available on Amazon

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"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world". ~ Albert Einstein