

What Do You Know about Stress and Learning?

Answer True or False. Then check your score at the bottom of the page.

1. Teachers can do little in the classroom for Kari whose family is abusive and neglectful?
2. When Mom is late to work and upset about it, this affects the way her kids learn at school.
3. Since stress is not located in the front of the brain—the part of the brain that helps us reason, communicate, even learn to read—stress really doesn't effect Jonathan's ability to think?
4. When Kaitlin's under a lot of stress, it affects her ability to learn, but at least it doesn't affect the other children in the class.
5. As long as his teacher doesn't talk about it at all, his nasty divorce proceedings don't affect his student David.
6. "Sticks and stones may break my bones, but words can never hurt me."
7. Stress certainly gets in the way of learning but learning disabilities are more far more serious.
8. Lowering stress is very important to helping kids learn but it's not really a brain-based-learning strategy.
9. Stress is just a part of our busy 21st century lives and there's really not much we can do about it.
10. Obviously crime-filled news stories on TV and scary cop shows can cause stress for children so we should limit TV for young children to shows like "Sesame Street" and "Dora the Explorer" to keep stress levels down.

Well, this is easy to score. Only number 2 is true. All the rest are false—or at least usually false.

What your score means:

8-10 correct. Good for you. You really understand the many ways stress keeps kids from succeeding at school. You'll still get some great tips, including two Brain Gym activities, for controlling stress during the TeleChat Wednesday night

5-7 correct. You're beginning to get the picture that stress isn't good for learning. Get more information about stress and strategies for managing it during the "Lowering Stress" TeleChat Wednesday night.

2-4 correct. You need to get a grip here. Stress and learning just don't mix. Find out why and what to do about it during Wednesday night's TeleChat.

0-1 correct. You're still asleep. Have a cup of coffee and take the test again. Then sign up right away for Wednesday night's TeleChat. You and your kids need these strategies.

Sign me up now for the [Lowering Stress TeleChat](#) on Wednesday night, Oct. 11. I'll get handouts and the phone numbers in my e-mail. Or hit your back button and sign up on the Register Stress Web page.