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2016)

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Mar 8th, 1:00 PM - 2:15 PM

### Change Your Language, Change Their Lives: What Adults Can Say Differently Today to Change the Brains of Tomorrow

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*The Upside Down Organization, Baltimore, MD*

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# Change Your Language, Change Their Lives: What Adults Can Say Differently Today to Change the Brains of Tomorrow



PARTICIPANT WORKBOOK

National Youth-at-Risk Conference  
March 8, 2016

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410-444-5415

# The Children's Guild

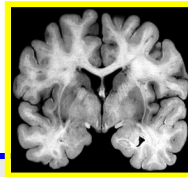
## PROGRAMS

- 6 Schools
- 2 are Non-Public
- 4 Charter (Reg-Ed)
- 3 Group Homes
- Foster Care
- OMHC
- 2 Autism Centers
- Located in Baltimore, MD; Glen Burnie, MD; Laurel, MD; and Washington, DC, USA
- Urban (8.4 million)
- African American (80%), Hispanic (10%), Caucasian (5%) Students
- Majority of Students Live at or Below Poverty Level
- Majority of Students Have Had 2+ Failed School Placements



## TRANSFORMATION EDUCATION

Translates the fields of neuroscience (*brain compatible approaches*) and anthropology (*culture*) to be practically applied to child-serving organizations and schools.



## WHY Learn About The Brain?

As parents and teachers, learning about the brain will help us achieve the real American Dream: That our children will live an even better life than we have.

In our society today, most children will use their **ability to learn** as the primary tool to reach their dreams.

THE BRAIN IS INVOLVED IN EVERYTHING YOU DO *and* THE BRAIN IS EVERYWHERE.



## NOTES





## TODAY'S ITINERARY

1. First, Teach Listening so your Words can be Heard.
2. Words that Develop the Right Mindset about Learning.
3. Words that Stimulate Executive Function.
4. Words that Help Memory.
5. Words that Build Hope.
6. Words that Make the Abstract Specific.
7. Words that Prepare Students for Challenges.



1.

How to be a Listening Genius.

HALT

ENGAGE

ANTICIPATE

REPLAY



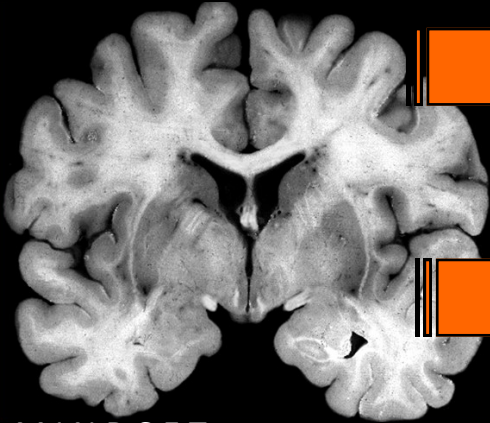
2.

## Words that Develop the Right Mindset about Learning.

### Adopt the LANGUAGE of the BRAIN!

Research continues to reveal that **what** we say to our children and **how** we say it has a powerful impact on their developing brains.

#### Just Two Examples ...



#### MINDSET

Focus on:

- Learning Strategies
- Effort
- Perseverance

“Don’t tell your [kids] they are **smart**. More than three decades of research shows that a focus on effort – not on intelligence or ability – is the key to success in school and in life.”



#### FIXED Mindset vs. GROWTH Mindset

FIXED

- Intelligence is a fixed trait — you only have a certain amount and that’s that.
- Mistakes are attributed to a lack of ability.

*“If I struggle or have to work hard, I am dumb.”*

GROWTH

- Intelligence is malleable and can be developed through education and hard work.
- Mistakes are attributed to a lack of effort.

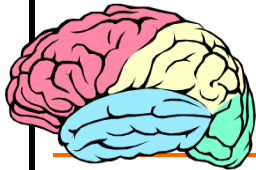
*“If I work hard enough, I can learn this.”*



3.

### Words that Stimulate Executive Function.

**BRAIN RULE:**  
**What We Say Matters**



Not only to the development of the mindset our children have about intelligence, but to how fast and how deep the executive system of the brain develops *(those all important frontal lobes!)*

### Why Executive Function Skills Matter

|                                     |   |
|-------------------------------------|---|
| <b>AMYGDALA</b><br>The Palace Guard | <b>FRONTAL LOBES</b><br>Learning to Drive |
|                                     |   |

Sociologist Annette Lareau and "Concerted Cultivation" Alex and Katie Unequal Childhoods: Class, Race and Family Life (Berkeley: University of California Press, 2005)

### Executive Function Teacher Prompt

"Self Regulation Executive Function Descriptions With Examples of Teacher Prompts," George McCloskey, PhD, Philadelphia College of Osteopathic Medicine.

### NOTES

A complete list of the Executive Function Prompts can be downloaded at The Upside Down Organization website: [www.upsidedownorganization.org](http://www.upsidedownorganization.org)





# 4.

## Words that Help Memory.

WHAT GETS REMEMBERED?

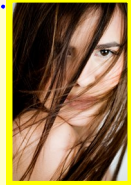
### SENSE and MEANING

1. **Survival Value Info/ Experiences**
2. **Learning that Makes Sense**  
*Can the child understand the item on the basis of past experiences?*
3. **Learning that Has Meaning**  
*Is the information relevant to the child?*



### Incorporate These Two Essential Questions into Every Teaching Moment:

1. How does this relate to what they already know?
2. How might they use this in the future?





5.

## Words that build Hope.

### The Technical Side of Hope

1. Affirmation
2. Prediction of Positive Outcomes
3. Vision of Personalized, Compelling Possibilities by a Believable Authority Figure

Enhanced brain chemistry supports mood, attention, cognition, memory and even neurogenesis. (Jensen, 2006)

### 1. AFFIRMATION.

Unconditional positive regard unrelated to behavior or compliance.

*“Frank, great to see you today. I’m happy to have you in class.”*

### 2. PREDICTION OF POSITIVE OUTCOMES.

*“You keep working hard and your love of storytelling will get you paid for telling stories. I heard about a volunteer opportunity at the Heritage Museum that would give you some practice...”*

### 3. VISION OF PERSONALIZED COMPELLING POSSIBILITIES by a believable authority figure.

*“Good storytellers like you are in great demand. I could see you working for a newspaper or a television station. You’ll have to keep up your hard work, but I believe you’ll tell stories for a career.”*





## 6. Words that Make the Abstract Specific.



### AN UPSIDE DOWN IDEA:

Be specific | Focus on action | Avoid abstract terms without a concrete example (“Responsibility,” “Respect,” “Appropriate”) | If using abstract terms, always pair with a specific behavior.

### Words That Make the Abstract Specific

3-PART MODEL *to boost behavioral feedback and increase your child’s ability to respond:*

- Step 1: State the context and the general behavior desired in that context.
- Step 2: Precisely state the behavior desired.
- Step 3: Connect the context and desired behavior to the abstract term.



## 7. Words that Prepare Students for Challenges.

### Can I Do It? Is the Best Question

- I Can Do It!
- I Can’t Do it!
- In the Middle



## BONUS STRATEGY

