



• **Decreasing Stress to Increase Student Learning** •

**Presenter: Kristin Beswick, MS, CAS**

*Intended Audience: K - 6 special education teachers, general education teachers, principals, behavior support staff.*

Students come through our school doors with experiences that impact attention, focus, emotional responses, and more. This webinar will offer research-based, universal tools that can support all students, including: setting clear expectations, maintaining consistency, using visual supports, teaching self-regulation, and providing social opportunities both virtually and in-person. Participants will have an opportunity to refine and add to their research-based tools which, when used proactively and consistently, help reduce teacher and student stress.

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*Kristin Beswick, MS, CAS, has worked in Vermont since 2001 as a Behavior Specialist. She is currently coaching and modeling the implementation of VTmtss from an SEL perspective. Since 2011 Kristin has been a member of the Vermont State PBIS Team, which provides opportunities to support various schools across northern Vermont. She has also taught courses in classroom management and early childhood education.*

**Dates:** 12/10/20  
**Time:** 3:00-4:30  
1.5 professional learning hours  
**Type:** Live webinar  
**Cost:** \$60

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