

# Mindfulness & Self-Management:

Free  
registration  
and  
CEU credits

Helping  
Students  
with Social,  
Emotional  
and  
Behavioral  
Challenges  
Make  
Lasting Change

**3 FREE  
CEU  
Credits**

## Presentation Description

Over the years, there have been a string of “new and improved” approaches for our challenging students: school-wide bullying programs, trauma sensitive schools, zero tolerance, restorative justice, and mindfulness. What all of these efforts share is an emphasis on self-management. This presentation will describe the science and practice that helps students learn and demonstrate social, emotional, and behavioral self-management. Applied to students with significant challenges, we will discuss the student-specific physiological, emotional (trauma-related), cognitive (mindfulness), and behavioral components of self-management. Then, we will address the five school (or home) components that make it all work. Practical examples will be used throughout the session, and audience participation will be strongly encouraged.

## Attendees will learn

- **Why social, emotional, and behavioral self-management must be the primary goal.**
- **The scientifically based student-specific components of self-management.**
- **The scientifically based school-specific components supporting student self-management.**
- **How to apply these components to help challenging students make lasting change.**



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## Our Presenter:

Howard M. Knoff, Ph.D. is an engaging and highly sought-after consultant, author, and lecturer. As creator and director of Project ACHIEVE, a nationally known school effectiveness/improvement program, Dr. Knoff has trained over 1,500 school districts in every state over a 25-year period. He is widely respected for his research and writing on school reform and organizational change, consultation and intervention processes, social skills and behavior management training, Response-to-Intervention, and professional issues. He has authored or co-authored 18 books, published over 75 articles and book chapters, and has appeared on numerous television and radio talk shows, including the NBC Nightly News, and ABC News' 20/20.



REGISTER ONLINE AT <http://westbridgedec4.eventbrite.com>

## Registration Form

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Telephone \_\_\_\_\_ Email \_\_\_\_\_

Other Registrants \_\_\_\_\_

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**OR MAIL TO**

**Westbridge Academy**

**60 West Street**

**Bloomfield, NJ 07003**



**WESTBRIDGE  
ACADEMY**

Westbridge Academy helps students in grades K-12 with emotional, behavioral and learning challenges by combining individualized academics with therapeutic support and a 6:1 student to teacher ratio. We serve students from Bergen, Essex, Hudson, Middlesex, Morris, Passaic, Somerset, and Union Counties.

## 2015-2016 Speaker Series

# Mindfulness & Self-Management: Helping Students with Social, Emotional and Behavioral Challenges Make Lasting Change



**Howard M. Knoff, Ph.D.**

Friday, December 4, 2015

9:00 am – 12:00 noon

60 West Street, Bloomfield, NJ

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## Westbridge Academy Proudly Presents: Howard M. Knoff, Ph.D.

**DATE:**

Friday, December 4, 2015

**TIME:**

9:00 am - 12:00 noon

**REGISTRATION:**

8:30 am - 9:00 am

**LOCATION:**

Westbridge Academy Auditorium,  
60 West Street, Bloomfield, NJ 07003

**DIRECTIONS:**

[www.westbridgeacademy.org/about/location](http://www.westbridgeacademy.org/about/location)

**PARKING:**

Free, on-site

Refreshments and lunch will be served

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### ADDITIONAL INFORMATION

Contact Jessica Dunston  
973-429-8110 ext. 110  
[jessicad@westbridgeacademy.org](mailto:jessicad@westbridgeacademy.org)