

Dr. Karolina Claxton: From Online School to In-Person: Navigating Learning in the Pandemic

Every child learns in their own way. Dr. Karolina Claxton speaks about transitioning from in-person to online and back to in-person learning and how they each engage the brain in different ways. Helping parents recognize and adapt to different ways of learning, and engaging parenting strategies, can lower stress for both parent and child. In this discussion we are going to talk about how to help the brain reduce stress, by understanding how your child's brain learns.

Creative Healing for Youth in Pain (CHYP) hosted this ONLINE community event for parents about the transition from online school back to in-person classes.

Karolina Claxton, EdD: Karolina provides training for families, schools and other organizations to incorporate into the learning process both the cognitive architecture of learning and the psychological aspects of organizational functioning. She is the director of Perspectives Group, which encompasses her faculty training, a boutique educational therapy practice, and The Foundry, a consultation group that works with schools and small businesses on areas of organizational psychology and development. She completed her Master of Public Policy at UCLA and her Ed.D. in educational psychology at USC. She trained under Kenneth Yates to learn and practice Cognitive Task Analysis, Gale Sinatra to learn conceptual change and Transformative Experience, and Phillip Winne to conduct a study on electronic traces of self-regulated learning. She works as an alumni admissions representative for NYU and served on the board of directors for FOCUSfish, a non-profit organization dedicated to providing alternative fitness programs to people in need; she flies trapeze for fun.

<https://www.youtube.com/watch?v=pYbPlzdgb40&t=1s>