

41st Annual Conference of the International School Psychology Association

9th – 12th July 2019 | Basel, Switzerland
Conference Programme



University
of Basel

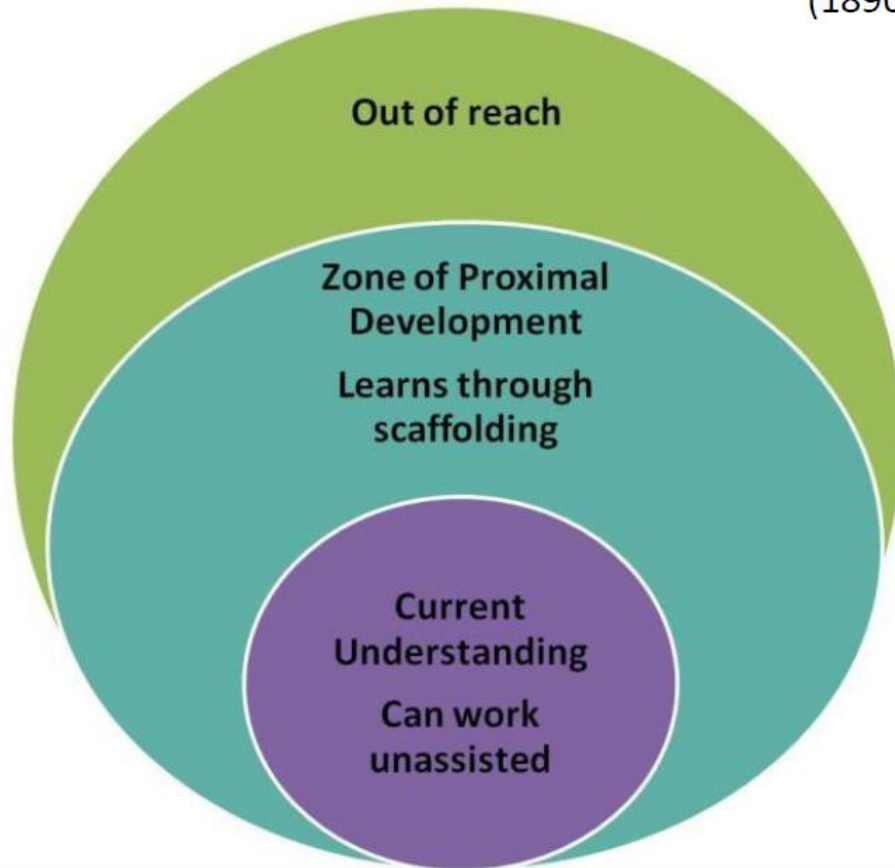


SKJP
ASPIA
ASPFE
Schweizerische Vereinigung für Kinder- und Jugendpsychologie
Association Suisse de Psychologie de l'Enfance et de l'Adolescence
Associazione Svizzera di Psicologia dell'Età Evolutiva



Zone of Proximal Development

Lev Vygotsky
(1896-1934)

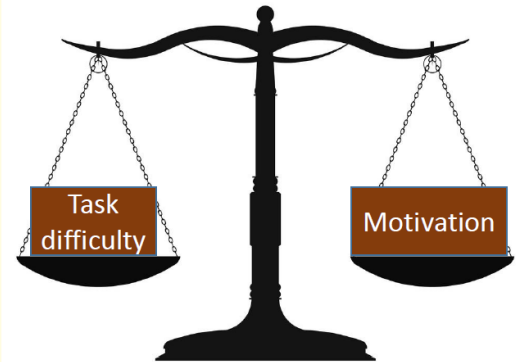




Maximizing Motivation

People are most motivated when:

- They feel good
- A task is not too difficult
- A task is not too easy
- A task has some inherent pleasure
- There is a reward for doing the task



“When you change the way you look at things, the things you look at change”

Wayne Dyer

Mediation of Conflicts



“Walk it out, talk it out, or
rock it out!!”





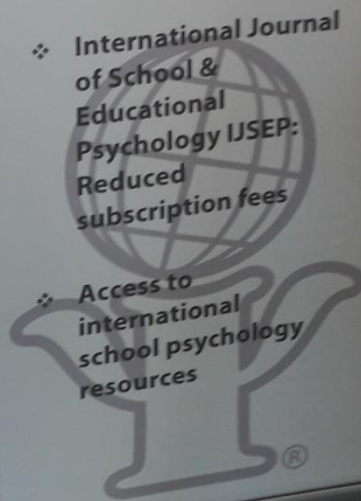
ISPA

International School Psychology Association

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Strategies

- Take a listening stance
- Focus on understanding the other point(s) of view
 - How does he/she feel?
 - What meaning is being made?
 - What underlying assumptions are there?
- Recognize and manage your own reaction
- Consider saying what is unsaid
- Take time to respond
- Tolerate discomfort



Eyes on the Prize

- What is your main goal?
- Is there consensus on this goal?
- What can you do to focus attention on a common goal?





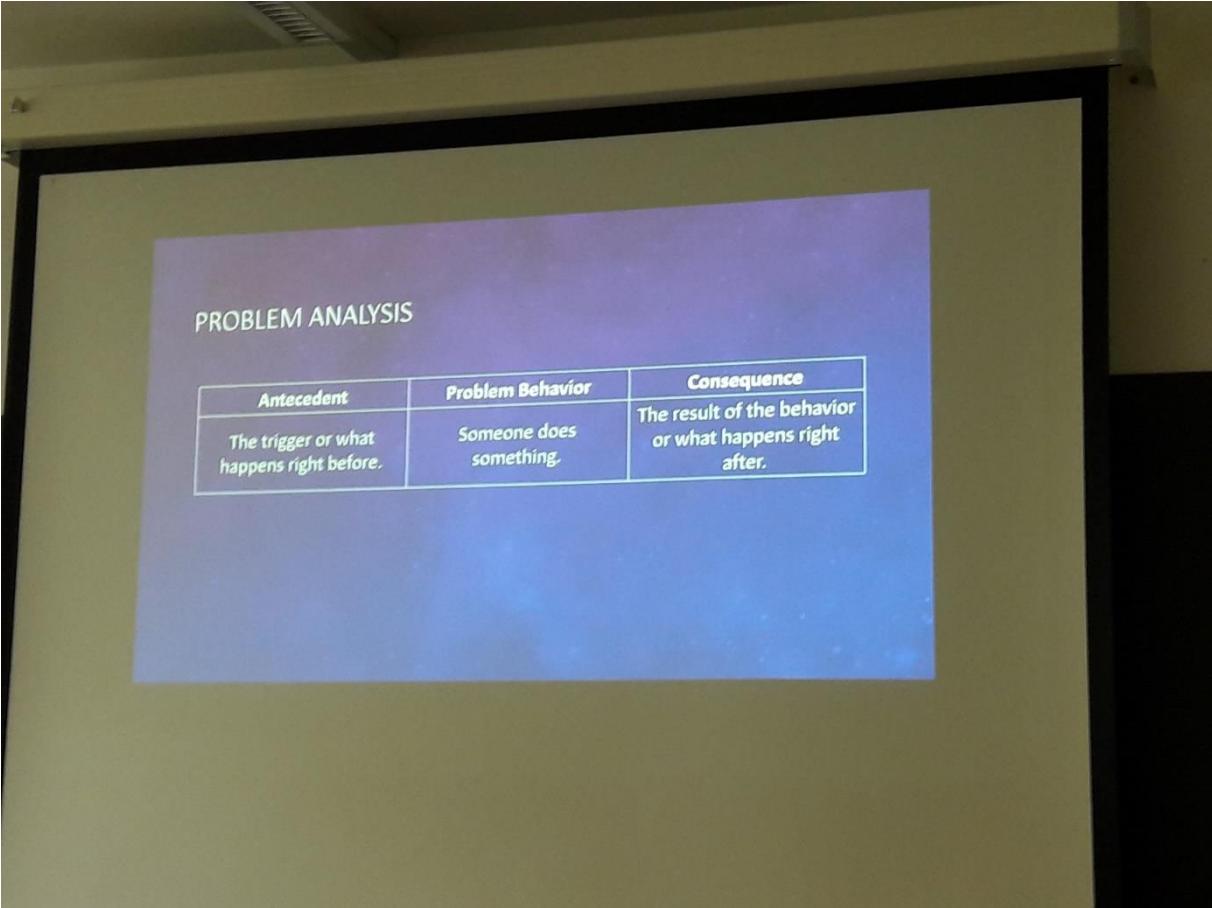
Cognitive Development
in Digital Contexts
Thank you!

Breathing Activities

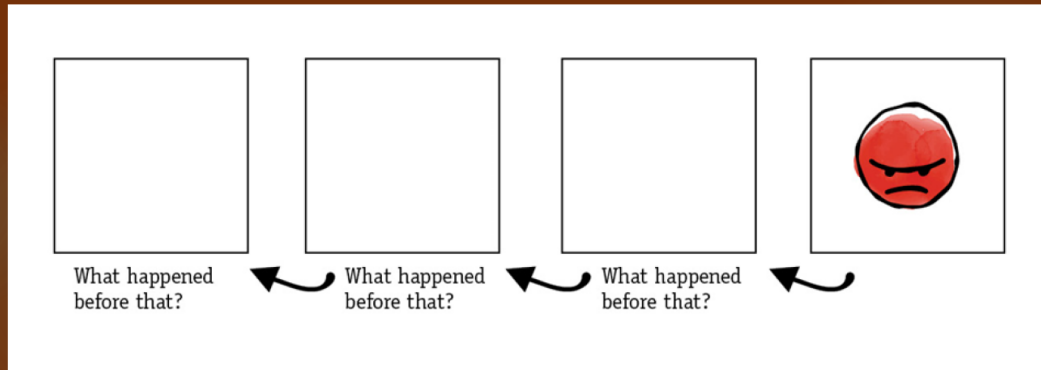
- Deep breathing involves teaching children to associate inhaling and exhaling with calming themselves down.
- Such paced breathing exercises can help children
 - Focus
 - Calm down
 - Relax
 - Return to the task at hand

(Zeman et al., 2006)





Comic Strips



International School Psychology Association  41st ISPA Conference
University of Basel, Switzerland

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EMPOWERING PEOPLE FOR LIFELONG LEARNING

ISPA Conference in Basel, Switzerland / 9-12 July 2019

Identify Replacement Behaviors

- Replace hitting with.....hands in pockets
- Replace throwing something with.....squeezing a ball
- Replace bolting with....going to a quiet space
- Replace yelling with...scribbling or drawing
- Replace talking withchewing gum
- Replace touching people or things with....Playing with a small object
- Replace calling out with.....writing thought down
- Replace shouting/swearing withholding your breath

Stop and Think Strategy

