



See How This Works: The Brain-Ready Classroom™

This work is now taught through the University of San Diego's Professional & Continuing Education program.

Session Type

Interactive Workshop

Target Audience

K–12 Teachers, Instructional Coaches, School Leaders, SEL Coordinators, and District Leaders

Session Length

60–90 minutes

Session Description

Before students can succeed, their brains must feel ready to learn.

When students feel overwhelmed, discouraged, or shut down, learning doesn't stick—because the brain shifts into protection mode.

The **Brain-Ready Classroom™ Framework** restores the conditions for learning first—so focus, confidence, and critical thinking can follow.

👉 In this interactive experience, educators learn how to:

- help students regulate and re-engage
- shift classroom language to build confidence
- move students from frustration → curiosity → learning

**When students feel better, they learn better.
That's where everything changes.**

Learning Objectives

Participants will:

- Understand why **nervous system regulation must precede academic rigor**.
- Identify common classroom situations where students' brains are **not yet ready for learning**.
- Experience practical **Brain-Ready Reset strategies** that restore focus and engagement.
- Learn how teacher language influences student identity, confidence, and willingness to try.
- Explore ways to integrate **pattern recognition, movement, and emotional mastery** into instruction.

Session Takeaways



Participants will leave with:

- Brain-Ready Classroom strategies they can implement immediately
- Language shifts that support student confidence and persistence
- Simple classroom practices that help students regulate, focus, and re-engage
- A framework for restoring the conditions necessary for meaningful learning

Presenter Bio

Selina Joy Jackson, M.A., is the founder of The Achievement Group and creator of **EMOMASTERS®**, a framework that helps students and educators master emotional regulation and unlock learning potential. Through neuroscience-informed strategies, Selina helps schools create environments where students feel safe, capable, and ready to learn.

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