

John Medina: Brain Rules. *Surviving & Thriving from Home to School*

Date: Tuesday, October 5th from 7:00 – 9:00 PM

Location: Cornerstone Theater at The Bear Creek School
(Union Hill Campus location at 8905 208th Avenue NE, Redmond)

Description: **The brain is an amazing thing.** Most of us have no idea what's really going on inside our heads. Yet brain scientists have uncovered details every business leader, parent, and teacher should know.

How do we learn? What exactly do sleep and stress do to our brains? Why is multi-tasking a myth? Why is it so easy to forget—and so important to repeat new knowledge? Brain Rules is about what we know for sure, & what we might do about it.

Parents work diligently to educate, support, & develop their children's gifts. While these endeavors do make a difference, are we still missing key elements in raising thriving children? In this presentation, Dr. John Medina will discuss “*the Brain Rules*” that are key in raising thriving children. He will also share how family dynamics and the marriage relationship influence academic success.

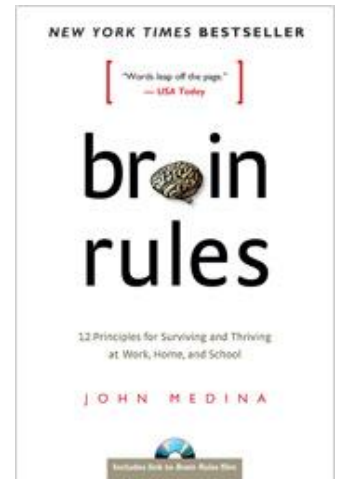
As the father of two boys, **Dr. John Medina** has an interest in how the brain sciences might influence the way we teach our children. His lifelong fascination with how the mind reacts to and organizes information has spurred his career as a developmental molecular biologist holding joint affiliate faculty appointments at the University of Washington School of Medicine and at Seattle Pacific University, where he is the director of the Brain Center for Applied Learning Research. Medina was the founding director of the Talaris Research Institute, a Seattle-based research center originally focused on how infants encode and process information at the cognitive, cellular, and molecular levels.

He is the author of 9 books including ***Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School*** (*New York Times* Bestseller). He has just released a new book, ***Brain Rules for Baby***.

Learn more about *Brain Rules* at www.brainrules.net.

Admission Price: \$20

To learn more and purchase tickets, go to: <http://www.tbcs.org/page.cfm?p=2592>



This program is sponsored by Parent Net & the Bear Creek School.
Parents of students from the Lake Washington School District are invited to attend.