

# *Distinguished Lecturer Series*

## **GATE Distinguished Lecturer Series**

**2016-2017 Presents:**

**Lucy Jo Palladino,  
Ph.D.**

**I Can't Pay Attention,  
So You Must Be Boring: Helping  
Students Control  
Their Own Attention**

Thursday, March 9, 2017

4:30 p.m. to 6:00 p.m.

Eugene Brucker

Education Center Auditorium

SDUSD GATE Office in  
partnership with San Diego  
State University



For more information please  
contact April Stebbins-Dorman,  
GATE Resource Teacher  
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Lucy Jo Palladino, PhD is a psychologist and author with expertise in the study of attention. Her writing is informed by her experience as a NYC school teacher, a faculty member of the U of A School of Medicine, an NIH researcher, formal training in sports psychology, work with the media, and her 35 years of clinical and consulting practice. Her website is [LucyJoPalladino.com](http://LucyJoPalladino.com). Her books have won national awards and are published in 12 languages.

- [\*Parenting in the Age of Attention Snatchers: A Step-by-Step Guide to Balancing Your Child's Use of Technology\*](#)
- [\*Dreamers, Discoverers and Dynamos: How to Help the Child Who Is Bright, Bored, and Having Problems in School\*](#)
- [\*Find Your Focus Zone: An Effective, New Plan to Defeat Distraction and Overload\*](#)

Why do kids pay rapt attention to their smartphones, but not their homework? Smartphones capture involuntary attention while schoolwork requires voluntary attention.

Dr. Palladino will explain the differential impact of these two types of attention on executive functions and brain development. Educators today face the daunting task of helping students recognize and strategize the “hard-to-stop” nature of involuntary attention and the “hard-to-start” nature of voluntary attention. Gifted children, in particular, have difficulty with boredom and the completion of tasks that have become difficult. Together, we’ll explore ways for students to build awareness, take responsibility for their own attention, and make good choices.

**SDUSD teachers working on GATE certification, please register through ERO for GATE PD hours.**