



The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives William Stixrud, Ph.D. and Ned Johnson

Dr. Stixrud is a clinical neuropsychologist and founder of The Stixrud Group, and is an Assistant Professor of Psychiatry, Behavioral Sciences, and Pediatrics, The George Washington University School of Medicine and Health. Mr. Johnson is a teen motivational coach and founder of PrepMatters, an educational company. Co-authors, *The Self-Driven Child*.

Tuesday, November 13, 2018, 7:00 PM

Self-Driven: Why a Sense of Control is So Important for Children and Teens Grand Rounds Talk with Dr. Stixrud

Tuesday, November 13, 2018, 9:00-10:30 AM

CEUs available for clinicians at Grand Rounds. Register: www.bit.ly/StixrudFAN

Both events, New Trier HS/Northfield, Cornog Auditorium, 7 Happ Rd., Northfield

Presented by **Family Action Network (FAN)**,

in partnership with Baker Demonstration School, Counseling Center of the North Shore, Countryside Day School, Family Service of Glencoe, Fusion Academy, Glencoe D35, the Glencoe PTO, New Trier High School D203, the New Trier Parents' Association, North Shore Country Day School, Science and Arts Academy, The Family Institute at Northwestern University, and the Wolcott School.

These events are **free and open to the public** and will be taped. Suitable for youth 12+. **INFO:** familyactionnetwork.net

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FOR IMMEDIATE RELEASE: WILLIAM STIXRUD, Ph.D. and NED JOHNSON – TWO EVENTS
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Tuesday, November 13, 2018, The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives, 7:00 PM, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093. A few years ago, clinical neuropsychologist William Stixrud, Ph.D. and teen motivational coach Ned Johnson started noticing the same problem from different angles: Even high-performing kids were coming to them acutely stressed and lacking motivation. Many complained they had no control over their lives. Some stumbled in high school or hit college and unraveled. Together, Dr. Stixrud and Mr. Johnson discovered that the best antidote to stress is to give kids more of a sense of control over their lives. They co-authored a book, *The Self-Driven Child*, combining cutting-edge brain science, the latest discoveries in behavioral therapy, and case studies drawn from the thousands of kids and teens to teach you how to set your child on the *real* road to success.

SPECIAL GRAND ROUNDS EVENT: Tuesday, November 13, 2018, Self-Driven: Why a Sense of Control is So Important for Children and Teens, 9:00-10:30 AM, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093. CEUs for licensed clinicians available. Register: www.bit.ly/StixrudFAN. In this workshop, Dr. Stixrud will discuss a crucial link between high stress and low motivation, namely, a low sense of control. Topics will include fostering a strong sense of control to lower stress and build self-motivation; empowering kids to make their own decisions; the wisdom of parents being “consultants” to their kids; the benefits kids gain when parents are a non-anxious presence; and strategies for supporting kids who struggle in school without compromising their autonomy.

Dr. Stixrud is the founder of **The Stixrud Group**. He is also a member of the **Adjunct Faculty** of the **Children’s National Medical Center**, and he holds an appointment as **Assistant Professor of Psychiatry, Behavioral Sciences, and Pediatrics** at **The George Washington University School of Medicine and Health Sciences**. Dr. Stixrud is a frequent lecturer, and he has published articles and book chapters on topics related to adolescent brain development, motivation, meditation, and the effects of stress and sleep deprivation on the brain. He is a long-time practitioner of Transcendental Meditation. Mr. Johnson is an author, speaker, and founder of **PrepMatters**, an educational company providing academic tutoring, educational planning, and standardized test preparation. He is a sought-after speaker and teen coach on study skills, sleep deprivation, parent-teen dynamics, and test anxiety, and his work is featured in *The New York Times*, *The Washington Post*, *The Wall Street Journal*, NPR, BBC, and many others.

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