

FAN



10 to 25: The Science of Motivating Young People David Yeager, Ph.D.

Professor of psychology at the University of Texas at Austin and the cofounder of the Texas Behavioral Science and Policy Institute.

Matthew Montgomery, Ph.D.

Superintendent of Lake Forest School Districts 67 and 115 in Illinois.

Wednesday, September 11, 2024, 7:00 PM
Lake Forest High School, Raymond Moore Auditorium
1285 N. McKinley Rd., Lake Forest, IL 60045

REGISTRATION REQUIRED: www.bit.ly/YeagerLFHS

BONUS BOOK GIVEAWAY of 10 to 25 at the event, while supplies last.

This event is **#freeandopentothepublic** and will not be recorded or live streamed.
Suitable for youth 12+

Presented by **FAN**, Lake Forest High School D115,
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FOR IMMEDIATE RELEASE: DAVID YEAGER, Ph.D. – IN PERSON

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Wednesday, September 11, 2024, 7:00 PM, 10 to 25: The Science of Motivating Young People, Lake Forest High School, Raymond Moore Auditorium, 1285 N. McKinley Rd., Lake Forest, IL 60045. **BONUS BOOK GIVEAWAY of 10 to 25 at the event, while supplies last.**

REGISTER: www.bit.ly/YeagerLFHS

Neuroscientists have discovered that around age ten, puberty spurs the brain to crave socially rewarding experiences, such as pride, admiration, and respect, and to become highly averse to social pain, such as humiliation or shame. As a result, young people are subtly reading between the lines of everything we say, trying to interpret the hidden implications of our words to find out if we are disrespecting or honoring them. Surprisingly, this sensitivity to status and respect continues into the mid-twenties. In his first book, ***10 to 25: The Science of Motivating Young People***, acclaimed developmental psychologist **David Yeager, Ph.D. (FAN '16)** helps adults develop an ear for the difference between the right and wrong way to respect young people and avoid frustrating patterns of miscommunication and conflict.

Yeager explains how to adopt what he terms the *mentor mindset*, which is a leadership style attuned to young people's need for status and respect. Anyone can adopt the mentor mindset by following a few highly effective and easy-to-learn practices such as validating young people's perspectives (rather than dismissing them), asking them questions (rather than telling them what to do), being transparent about your beliefs and goals (rather than assuming that they will accurately guess your thoughts), and holding them to high standards (rather than coddling them). Yeager's pioneering research and interventions have shown these practices reduce a wide variety of behavior problems, including school dropout, unhealthy eating, stress, purposelessness, mental health problems, and more.

For this event, Yeager will first offer brief remarks and will then be in conversation with **Matthew Montgomery, Ph.D.**, superintendent of Lake Forest School Districts 67 and 115 in Illinois. A proponent of lifelong learning, Dr. Montgomery is also the Lead Superintendent for Cohort and Partner Connections with the School Superintendents Association (AASA), and co-chairs the AASA STEM Leadership Consortium.

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