



## Tips for Getting the MOST from the Teachers Matter Online Summit

Welcome to the Teachers Matter Online Summit 2020. The Summit consists of 27 speakers who will be sharing some great content, ideas and inspiration with you - from the comfort of your own home or classroom. Whilst you do not need to pack a suitcase, travel on an aeroplane and worry about accommodation bookings, there are still some essentials to consider to get the best out of this online Summit. Here are some tips to help you.

### PRE SUMMIT

#### **Set Your Goals**

Consider what you would like to learn, gain, accomplish or find out from the Teachers Matter Online Summit. (TMOS) There are three strands at the Summit: Pedagogy, Leadership and Wellbeing. Choose 3-4 goals or objectives from each strand. This will ensure your brain is more engaged and focused.

#### **Read through the schedule**

One of the best things about an Online Summit is that you don't have to sit through presenters and topics that do not interest you. You can watch each day's videos in any order. Take some time before the Summit to download the schedule and choose which ones you are most interested in to ensure you get the most value possible.

#### **Give yourself the gift of time**

Tim Ferris says "*Investing in yourself is the most important investment you will ever make in your life.*" Your professional and personal development will help you be the best you can be both in and out of the classroom. Let your family know you are at a 'virtual conference' and immerse yourself in the learning. Give yourself the gift of time, focus and learning - because You Matter! Treat the virtual learning experience the same as you would an in-person conference - prioritise your time in order to be truly present.

#### **Pre-prepare nutritious brain snacks**

Your brain weighs only 2-3% of your total body weight and uses a staggering 20% of the fuel you put in. And that is just a normal day. An intense learning day means more brain power usage and therefore more fuel. Of course the higher the quality of food (input) will equal the quality of output.

Great brain foods include: nuts, bananas, wholegrain bread, blueberries, yoghurt, tomatoes and plain popcorn. Make sure you have access to water as well. A hydrated brain is a learning brain!

## Host a 'watch party'

Invite your friends and colleagues to join you. Learning with others is always a powerful experience because of the dialogue that happens between speakers. Neuroscience clearly shows that the ability to talk about what you have learned, and even explain it to someone else, creates a higher state of understanding.

## DURING THE SUMMIT

### Connect on Facebook

I seriously think that some of the best conversations and learnings at a conference happen in the hallways and in the breaks. The discussion after a speaker has finished is when your brain starts to make sense of what you have heard. It is a chance to clarify your thoughts, gain other perspectives and ask questions. The good news is that you can do all of this on the dedicated TMOS Facebook page.

Take time after each speaker to jump on the page and scroll down to find the speaker info and share the ideas you learned, inspiration and implementations.

Join the group here: <https://www.facebook.com/groups/904470143299005/>

### Take notes

Grab your favourite note taking tools and get ready to record ideas, quotes, models, strategies, tools, resources and action steps! That's what this summit is all about.

Learning. When I teach note taking to learners, there are a few go to favourites I know are super brain friendly. Firstly, there is emerging a plethora of research that shows handwriting notes are vastly better for retention than typing. You can either download the Summit note taking pages or use a book to keep your notes all in one place.

Secondly, use colour. Notes all in one colour are monotone, monotonous and boring to the brain. A staggering 70-80% of information comes into the brain through your eyes. Colour is an important stimulus. So grab some coloured pens, pencils, crayons etc and make your notes colourful.

Thirdly, draw pictures and diagrams - even if you can't draw! It is true that a picture is worth a thousand words. The more you can draw novel and funny (*if you can't draw like me - my pictures are always hilarious - therefore memorable*) pictures will make the information stand out more.

### Note taking systems

Having a system to take notes helps with your focus. Here are three ideas:

- take your notes with an extra blank page beside you to jot down all the

| Ideas to use now | Ideas to use in future | Ideas to share with others |
|------------------|------------------------|----------------------------|
|                  |                        |                            |



action ideas. This means they won't get lost in the pages of notes.

- use a three column method: 1. Ideas I can use now. 2. Ideas to adapt in the future. 3. Ideas I can share with others.

- Draw a small column on the left hand edge of your page. Take your normal notes on the right hand side of the page and in the left hand margin, record thoughts, feelings, questions, ponderings. This helps you stay more engaged with the speaker. Create a space at the bottom of your page for a summary or action points.

### **Take energiser breaks**

Sitting for long periods of time can be tiring. Between presenters energise yourself by getting some fresh air, running up and down some stairs or perhaps jumping on a trampoline if you have one. At the Spectrum Office we have 3-4 quick dance party breaks to keep us fresh and alert each day while working. Listen to Lauren Parson's talk on day 1 for some amazing research on the power of short bursts of exercise.

### **Sleep**

After a full day of learning, your brain will be tired. Bridge the learning and sleep with some quiet, gentle activities such as reading, yoga, or maybe a bath or shower. Remember to have a nutritious meal a few hours before bedtime and minimise your phone use an hour before bed.

## **AFTER THE SUMMIT**

### **Make an Action Plan**

Ideas without action are worthless. Take one or two ideas from the Summit and test them out. It might be a wellbeing, leadership or classroom strategy. If you attempt to implement 20 action points you are sure to fail. New ideas take time and tweaking. Try it for 2-3 weeks. Remember the implementation is the hardest part! Robin Sharma says, "change is hard at the start, messy in the middle and gorgeous at the end." You have to go through the hard to get to the easy. When you are happy with the results from your new actions add another one or two foci. Diary note your intended actions to ensure you remember to take action.

### **Continue the chat of the Facebook page**

Let us know what you have been testing out and implementing in your life and classroom. Sharing your successes, as well as challenges will help everyone learn and grow.

### **Upgrade to the All Access Pass**

If you didn't do this before or during the Summit - you can still get a discounted deal (until August 2nd) and save 60%. This will allow you to watch and download the videos as well as the audio files so you can listen in the car or while exercising. The more you watch and rewatch (or listen) the more you will gain from each session. Plus you'll also get the handouts, files, e-books and discount codes from many of the presenters.

### **Give us Feedback**

This is the first time we have run an Online Summit and we would love to know your thoughts. How can we improve? What did we do well? If we ran another - who would you like to hear from? Please share with us - we are learners too :-)

**Thanks for being part of the Teachers Matter Online Summit :-)**