

Tuesday, Jan. 28 – 7PM

William Stixrud, M.D. and Ned Johnson

Mountain View High School
Spartan Theater
3535 Truman Avenue
Mountain View, CA

The Self-Driven Child: The Science and Sense of Giving Kids More Control Over Their Lives

Evidence strongly suggests that age-appropriate autonomy is vital for young people's mental health—it helps them to sculpt brains that are resilient, resourceful, and ready to take on new challenges.

When *The Self-Driven Child* authors Bill Stixrud and Ned Johnson began comparing notes years ago, they discovered a common problem among their young clients: kids were feeling acutely stressed. Many complained that they felt powerless to shape their own destinies. Some stumbled in high school, while others hit college and unraveled. Bill is a clinical neuropsychologist who helps kids gripped by anxiety or struggling to learn. Ned is a motivational coach who runs an elite tutoring service. Together they discovered that the best antidote to stress is to give kids a sense of control.

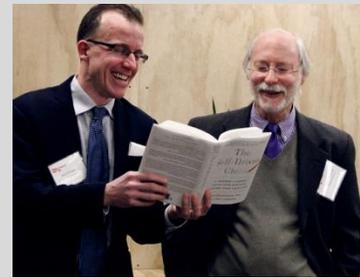
In this talk, Bill and Ned offer a combination of cutting-edge brain science, the latest discoveries in behavioral therapy, and case studies drawn from the thousands of kids they've helped. They advise that parents and educators adopt the role of consultant rather than manager to give kids more responsibility for their own life decisions even before they leave home.

Audience: Parents, educators, and students grades 6 – 12

Admission: Free

Register: <https://mvla2019-20-stixrudandjohnson.eventbrite.com>

About Our Speakers



William R. Stixrud, Ph.D., is a clinical neuropsychologist and founder of The Stixrud Group. He is a member of the Adjunct Faculty at Children's National Medical Center and an assistant professor of psychiatry and pediatrics at the George Washington School of Medicine.

Dr. Stixrud holds a doctorate degree in School Psychology from the University of Minnesota, and received his post-doctoral training in Neuropsychology at Boston Children's Hospital and Tufts New England Medical Center.

Ned Johnson is an author, speaker and founder of PrepMatters. He has devoted nearly 40,000 hours in one-on-one test prep and coaches clients to manage anxiety and find motivation to reach their full potential.

Ned is a sought-after speaker on study skills, sleep deprivation and parent-teen dynamics and his work is featured internationally.



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