



Trauma Informed Approach to Education

Trauma is not an uncommon phenomenon in our life. A vast majority of us experience one or more traumatic events at some or other point of our lives. . Particularly after pandemic it has become a part and parcel of our daily happenstance. It has both immediate and long term impact on our physical, emotional and social life. Most importantly learning, behavior and relationships at educational systems are likely to be effected. Neurobiological, epigenetics, and psychological studies have shown that adverse childhood experiences can diminish concentration, memory, and the organizational and language abilities of students' needed to succeed academically. For some children, this can lead to problems with academic performance, inappropriate behavior in the classroom, and difficulty forming relationships that may extend up to tertiary level. Learning about the impacts of trauma can keep educators and teachers off from misunderstanding the reasons underlying the difficulties with learning, behavior and relationships that some students experience and provide a supportive network for better educational outcome.

Learning outcome: Participants would be able to:

- 1) Differentiate between big trauma and adverse life events
- 2) Identify how trauma effect students performance
- 3) Recognize underlying neurophysiological functioning
- 4) Handle students more effectively to overcome their difficulties
- 5) Develop system reinforcing learner focus academic choices

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