

Shoreline Community College Parent Advisory Council Presents
PAC ALL PARENT SPEAKER 2010

brain rules

[for parents]

Dr. John Medina



March 23, 2010
7:00 p.m.
SCC Campus Theater

\$5 per person
*(Admission has been pre-paid
for SCC Co-op Preschool Families)*



*Shoreline Community College
provides equal opportunity
in education and employment.*

The brain is an amazing thing.

Most of us have no idea of what's really going on inside our heads. Yet brain scientists have uncovered details every parent should know. How do we learn? What exactly do sleep and stress do to our brains? Why is multi-tasking a myth? Why is it so easy to forget—and so important to repeat new knowledge? *Brain Rules* is about what we know for sure and what we might do about it.

John Medina is a developmental molecular biologist and author of the *New York Times* best-seller, *Brain Rules*. He is an affiliate Professor of Bioengineering at the University of Washington School of Medicine and is the director of the Brain Center for Applied Learning Research at Seattle Pacific University. Visit him online at www.brainrules.net.

- Books by the speaker will be for sale.
- Carpooling is encouraged as parking spaces are limited.
- Special seating will be available for parents with infants under 6 months. No other children, please.

For maps and driving directions, visit:
www.shoreline.edu/collegemaps.html