

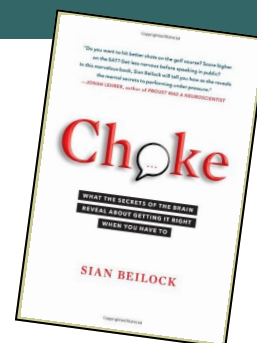
Parents /guardians and students, along with educators and community members are encouraged to attend this program free of charge.



Dr. Sian L. Beilock

Author of "Choke: What the Secrets of the Brain Reveal About Getting it Right When You Have To"

Date: Tuesday, September 15, 2015
Time: 7:00—8:30 pm
Location: Lyons Township High School North Campus
 Reber Center
 100 S. Brainard Avenue
 LaGrange, IL 60525



[Click here to register online.](#)

Choke: Dealing with Stress, Tests, and Academic Pressures

Why do the smartest students often do poorly on standardized tests?

Why do you mess up when it matters the most—and how can you perform your best instead?

It happens to all of us. You've prepared for days, weeks, even years for the big day when you will finally show your stuff—in academics, in your career, in sports—but when the big moment arrives, nothing seems to work. You hit the wrong note, drop the ball, get stumped by a simple question. In a word, you choke. It's not fun to think about, but now there's good news: This doesn't have to happen.

Dr. Sian Beilock reveals the astonishing new science of why we all too often blunder when the stakes are high. What happens in our brain and body when we experience the dreaded performance anxiety? And what are we doing differently when everything magically "clicks" into place and the perfect golf swing, tricky test problem, or high-pressure business pitch become easy? In an energetic tour of the latest brain science, with surprising insights on every page, Dr. Beilock explains the inescapable links between body and mind; reveals the surprising similarities among the ways performers, students, athletes, and business people choke; and shows how to succeed brilliantly when it matters most.

Biography

*Sian L. Beilock is a professor in the Department of Psychology at The University of Chicago. Her research program sits at the intersection of cognitive science and education. She explores the cognitive and neural substrates of skill learning as well as the mechanisms by which performance breaks down in high-stress or high-pressure situations. Dr. Beilock's research is funded by the National Science Foundation and the U.S. Department of Education (Institute of Education Sciences). Her book, **"Choke: What The Secrets Of The Brain Reveals About Getting It Right When You Have To,"** came out in Fall, 2010.*