aha! Process Workshops and Descriptors by Ruby K. Payne, Ph.D.
August 2024

1. **A Framework for Understanding Poverty (keynote)**

   This keynote outlines a social-cognitive approach to socioeconomic class and the mindsets that often develop to survive the environment. Topics include hidden rules, language registers, the role of relationships in learning, and the reality of abstract representational demands in middle class institutions and formal schooling. Strategies will be given that significantly assist with better educational opportunities and success. **Handout: A Framework for Understanding Poverty keynote (book requirement if keynote is more than two hours)**

2. **Educating Students Experiencing Homelessness, Instability, and Disengagement (keynote)**

   This keynote looks at what homelessness, instability, and disengagement do to learning and the strategies and understandings that are necessary to address those issues. **Handout: Educating Students Experiencing Homelessness. A book is required if the keynote is more than two hours.)**

3. **Educating Students Experiencing Homelessness, Instability, and Disengagement (full-day workshop)**

   This workshop teaches how homelessness, instability, and disengagement reduce learning and the strategies and understandings that are necessary to address those issues. The workshop covers a social cognitive framework that includes the role of the autonomic nervous system (ANS) in learning and how safety and belonging impact the prefrontal cortex. Multiple strategies will be given. Topics include: Role of ANS in learning, behavior, and well-being, how the instability of resources, the demands of time, and the environment impact the ANS, Tools to negotiate the abstract realities of school, Calming Strategies, Strategies for school success, How to build a wider community of support. **Book is required for all participants.**

4. **Bridges Out of Poverty: Strategies for Professionals and Communities (keynote)**

   A social-cognitive approach to socioeconomic class and the mindsets that often develop to survive the environment is the topic of this keynote. Topics include hidden rules, language registers, the role of social bridging capital in transition, and the tools that communities and institutions can use to facilitate the transition of adults from under-resourced situations. Focus is also given to community sustainability and a model that will assist in that momentum. **Handout: Bridges Out of Poverty keynote**

5. **A Framework for Understanding Poverty: A Cognitive Approach (full-day workshop)**

   This initial workshop, based on the book *A Framework for Understanding Poverty* by Ruby K. Payne, Ph.D. provides an in-depth study of information and issues that will increase the participants' knowledge and understanding of people in poverty. Topics include: how economic class affects behaviors and mindsets, why students from generational poverty often fear being educated, the "hidden rules" within economic classes, discipline interventions that improve behavior, and the eight resources that make a difference in success. Related discussions include case studies, support systems, the role of language registers, discourse patterns and story structure, and the relationship between eye movement and learning. This seminar is designed for

audiences of both elementary- and secondary-level educators, with adaptation and application available for community, social service, and faith community audiences. **Handout: A Framework for Understanding Poverty. (minimum purchase of 100 books required, additional books optional)**

6. **Emotional Poverty in All Demographics: How to Reduce Anger, Anxiety, and Violence in the Classroom (workshop)**

In this workshop, you will learn and practice many techniques and exercises that will help students and parents build emotional resources in school and at home. Every evening on the news, there are multiple stories about violence and anger erupting. Workplace and school violence are increasingly a reality. Using a brain-based approach, this session looks at the underlying causes of anger, anxiety, and violence; how they develop; and the tools that can be used to change those responses. Emotions are processed 200 to 5,000 times faster than thought. To change behavior, the motivation for the behavior must be changed. This session will provide understandings on how that can be used with family, relationships, institutions, and neself. **(book required for all participants)**

7. **Navigating Emotional Realities with Adults: Emotional Poverty at Work (workshop)**

Ways to identify and explain the neuroscience of emotional development will be provided at this workshop. Create a safer work environment by understanding the basics of emotional development in the brain. The workshop helps a person better understand how the story they carry of themselves and where they are in adult development impact the workplace, and it shows how to identify and motivate for the behaviors you want. Learn how to have more safety and belonging in the workplace. **(book required for all participants)**

8. **Educating Students Experiencing Homelessness, Instability, Survival Mode (workshop)**

This workshop looks at what instability, survival, and homelessness does to learning and the strategies and understandings that are necessary to address those issues. It is a social cognitive framework that includes the role of the autonomic nervous system in learning, how safety and belonging impact the prefrontal cortex. Multiple strategies will be given. **(Handout)**

9. **Socioeconomic Diversity and Wealth Creation (keynote)**

Attendees of this presentation will learn about a social-cognitive approach to socioeconomic class and the mindsets that often develop to survive the environment. It looks at the thinking in wealth, middle class, and poverty. Topics include hidden rules, language registers, the role of social bridging capital in transition, and the tools that communities and institutions can use to build social cohesion and sustainability. Institutional and community stability and instability is examined, as well as the necessity of moving the conversation from instability to wealth creation. The presentation will identify tools that assist in this transition. **Handout: Socioeconomic Diversity and Wealth Creation**

Required Books

- *A Framework for Understanding Poverty: A Cognitive Approach* (minimum of 100)
- *Bridges Out of Poverty: Strategies for Professionals and Communities*
- *Educating Students Experiencing Homelessness, Instability, and Disengagement*
- *Emotional Poverty in All Demographics: How to Reduce Anger, Anxiety, and Violence in the Classroom*
- *Navigating Emotional Realities with Adults: Emotional Poverty at Work*