

Joanne Cantor, Ph. D.

Thriving on Campus and in Cyberspace: Staying Connected While Succeeding in School

Would you believe that students actually
like hearing a presentation about
strategies to moderate their Internet use?
And that they listen and take the advice?



Overcoming Digital Distractions – Stress Reduction – Time Management – Problem Solving



Unique Features of This Program:

- It's **fun** – with engaging mind exercises that show, rather than tell how the brain works
 - It's **lively** – with colorful visual metaphors (your brain is like this jar of jelly bellies)
 - It's **nonjudgmental**, acknowledging how difficult it is to ignore these distractions
 - It's **helpful**, with easy-to-follow advice on how to do higher quality work in less time
- It's **reassuring**, by discouraging workaholicism and promoting stress-reduction
 - It's **credible**, based on sound scientific research

Great for orientation but valuable for students at any level.

Students learn study skills while being entertained:

“It was great!” • “Very inspiring and helpful”
“Soooo Helpful. Thank you for coming!” • “I will take a lot of this to heart!”



To inquire about bringing Joanne to your campus
call (608) 221-0593 or email cantor@yourmindonmedia.com

Website www.yourmindonmedia.com

To watch video clips of her presentation:
<http://yourmindonmedia.com/thriving-on-campus-and-in-cyberspace/>



Joanne Cantor's Credentials:

- 26 years as an award-winning faculty member at the University of Wisconsin-Madison
- Internationally recognized expert on the psychology of media and communications
- Frequently cited in the media (She's appeared on *Oprah* and *Good Morning America*)
- Author of *Conquer CyberOverload: Get More Done, Boost Your Creativity, and Reduce Stress*



More of What Students Are Saying:

- "It's always fun and engaging to involve the entire class. There was lots of great information as well! I will totally use it! Thank you!"
- "I thought this was an excellent presentation and that every student in college should experience it. Everything we learned today applies to us, college students."
- "I really learned some great ways to work more efficiently! I can't wait to try some of these methods!"

What Faculty and Counselors Are Saying:

- "Great strategies for helping students understand "why"—which they don't always get when we share success strategies with them."
- "Dr. Cantor was engaging and entertaining, and I highly recommend her presentation to students, parents, counselors, and educators."
—Stephanie Sipp, Student Program Coordinator, Academic Enhancement, University of Kentucky
- "You have to be brave to tell students not to multi-task, and you have to be a great speaker to be able to convince them about the potential downside. Joanne was great! It was clear that her suggestions really resonated."
—Marie-Louise Mares, Associate Professor, University of Wisconsin-Madison

Find out why you can't name the colors of these letters:

GREEN ORANGE RED
RED GREEN BLUE
BLUE ORANGE

...not quickly, anyway.

Companion Lecture for Educators and Counselors:

"Helping Students Turn Off Digital Distractions and Tune Into Lectures and Learning"