

Expert Source Sheet -- Adolescent Learning and Brain Development

Dr. Jennifer Winward -- Founder, Winward Academy

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How do you create the best learning environment for the adolescent brain? Different from adult or early childhood brains, a teen/pre-teen brain processes and retains information in different ways. With the proliferation of technology and online coursework, how do parents and teachers optimize the way adolescents study and learn?

Dr. Jennifer Winward has spent her career studying adolescent and developmental neuropsychology, specifically looking at learning and cognitive issues during this critical time of development. As both a private tutor for 18 years and a teaching professor at the University of California, San Diego, she has channeled that expertise into Winward Academy (www.WinwardAcademy.com), a unique online learning tool focusing on standardized test prep, mathematic mastery and online learning.



Unlike traditional 'course-only' online programs, Winward Academy was developed to honor educational research on most effective learning techniques and to mimic the one-on-one assistance a student would get from a personal tutor. Personalization features include flexibility to study only the topics a student truly needs, control over speed of instruction, and question-and-answer reviews that focus on effectively correcting mistakes, essential for adolescent learning.

With a Ph.D. in Neuroscience and Development Neuropsychology and an M.A. in Experimental Psychology from the University of California, San Diego, Dr. Jennifer Winward can be used as a source in various capacities, including the following:

- ❖ How the adolescent brain processes information differently from that of children and adults
- ❖ New technology applications in online learning for teens and pre-teens
- ❖ The developing adolescent brain and sleep needs
- ❖ Using technology to develop a learning plan that best meets your child's needs
- ❖ Use of online tools to prepare for key standardized tests such as the ACT or SAT

Trend Article Ideas Appropriate for Comment/Input by Industry Expert Dr. Jennifer Winward:

- ❖ Help! My teen doesn't seem to do well on tests
- ❖ My teen is smart but it's not reflected on standardized tests
- ❖ Can an online tutor help my teen truly do better in school?
- ❖ My teen needs to sleep all the time! Is this normal?

To arrange an interview with Dr. Jennifer Winward or to seek input on a trend article, please email jennifer@winwardacademy.com or call (858) 692-5758.