Teaching the iGen

Dr Kristy Goodwin

Dr Kristy Goodwin draws on the latest research from the neuroscience, technology and child development disciplines to inform health professionals and educators about how ‘digitalised childhoods and adolescence’ are shaping kids’ health, development and learning outcomes. Dr Kristy outlines how screen-time is influencing kids’ social, emotional and physical health outcomes, as well as their cognitive performance. She tackles issues such as healthy screen-time limits, screens and sleep, self-regulation skills, physical activity levels, attention spans in the digital age, the demands and risks of social media, healthy digital habits and other current topics facing educators. Dr Kristy equips professionals with simple and effective strategies to help them effectively work with the iGen in the classroom and leverage technology in learning experiences. Kristy also arms them with vital information to help them confidently guide parents, as they navigate the digital terrain.