



Jocelyn Brewer

Digital Nutrition (NEW SEMINAR!)



Thursday 13th October 2016 4-6pm
Burwood RSL,
96 Shaftesbury Road, Burwood

Seminar Title: The pathologisation of technology use: What psychologists in schools need to know about digital disorders and how to prevent them.

Summary:

FoMO, FoBO, NoMoPhobia, Internet Addiction, Sexting, Selfies, Sharenting, Infobesity.

Technology use, overuse and misuse had spawned a range of cognitive and social issues which are regularly discussed in the media and education circles. While the EduTech evangelists spruik digital learning for 21st Century skill development, parents and carers have difficulties balancing their children's tech usage for learning and leisure. As psychologists in schools we're in a unique position to both prevent and treat "digital disorders". This seminar will explore contemporary issues around the impacts of technology use and practical ideas and resources to promote "Digital Nutrition", including how to evaluate and appraise "health apps".

About the Speaker:

Jocelyn is a Sydney-based registered psychologist with a special interest in the psychology of technology. She has over 13 years of experience in public education as both a teacher and school counsellor. In 2013, Jocelyn created Digital Nutrition™ to help guide best-practice, balanced tech use and healthy relationships with digital devices. Jocelyn is completing a Masters of Applied Science at Sydney University looking into the role of self-control and peer-mediation in the prevention of Problematic Internet Use. She regularly comments in the media on a range of issues and present to various groups about the impacts of technology and digital wellbeing. Her small private practice is located in Burwood.

REGISTRATION

Registration can be done by Trybooking at <https://www.trybooking.com/198235>

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|-------------|------|
| Student: | \$20 |
| Member | \$40 |
| Non Member: | \$60 |

GENERAL INFORMATION

Transport: Burwood RSL is located on Shaftesbury Rd. It has convenient onsite parking available and is a short walk from Burwood Train Station

Registration Desk: Registration for the workshops will be open from 3.30pm.

Cancellations: Full refunds can be made to written requests for cancellations before 13th October 2016. No refunds will be provided after this date. Cancellations must be received in writing to pd.apacs.nsw@gmail.com

Privacy: Please note that photos and video may be taken on the day for reporting and promotion purposes. Please identify yourself at registration if you do not wish for images of yourself to be used in any media.

Enquiries: All inquiries can be directed to the Professional Development Team at pd.apacs.nsw@gmail.com

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