

36th Annual Learning Symposium

Friday, January 30, 2026

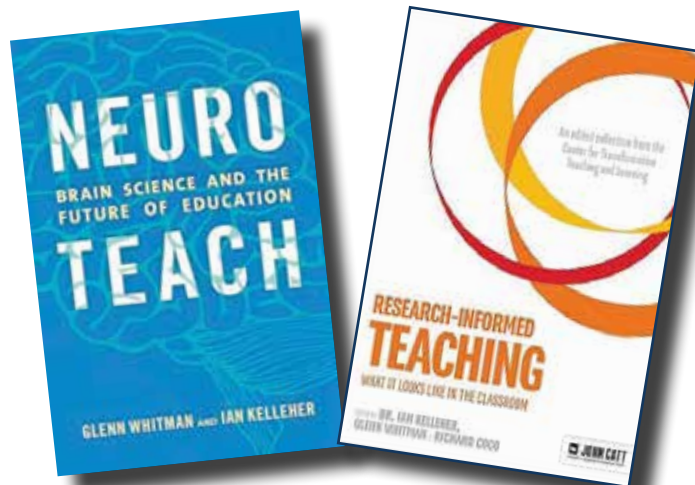
Wired to Learn: Connecting Brain Science to Learning

Continuing Education Credits Available

Keynote Speaker:

Glenn Whitman
Director of the CTTL

Author of:



Presenting:

***What All Educators Need to Know About
the Learning Brain in the age of AI***

WELCOME MESSAGE



We look forward to welcoming you to Winston's Annual Learning Symposium. For 36 years, this event has enabled The Winston School San Antonio to expand its reach into the community and positively affect the lives of students in the Greater San Antonio Area. At WSSA, we are always interested in the latest

research in neurodiversity, including teaching and coaching strategies that empower students with learning differences to thrive.

This year's theme, *Wired to Learn: Connecting Brain Science to Learning*, explores the fascinating science behind learning and development. In collaboration with Winston's Educational Medical Scientific Advisory Council (EMSAC), we have designed a meaningful symposium with partners who have dedicated their work, their research, and their lives to support children and their families. We invite you to join us for a day of impact and learning.

The Symposium is geared toward parents, educators, clinicians, therapists, social workers, and anyone else who positively impacts the lives of children. Whether you're looking to deepen your understanding of learning differences, discover practical classroom strategies, or connect with others who share your commitment to student success, this event offers valuable insights for everyone.

Register now to reserve your spot.

Looking forward,

MICHELLE SPOONEMORE, PH.D.

HEAD OF SCHOOL

THE WINSTON SCHOOL SAN ANTONIO

CONTINUING EDUCATION CREDITS available for teachers, counselors, and social workers. Please see our website for more information!



SCHEDULE

Time	Session
8:30 - 9:00 am	Registration & Welcome
9:00 - 10:30 am	Keynote Speaker: Glenn Whitman
10:30 - 10:45 am	Break
10:45 am - 12:00 pm	Keynote Speaker (cont.)
12:00 - 12:30 pm	Lunch
12:45 - 1:35pm	Breakout Session A (50 min.)
1:35 - 1:45 pm	Break
1:45 - 2:35 pm	Breakout Session B (50 min.)
2:35 - 2:45 pm	Break
2:45 - 3:35 pm	Breakout Session C (50 min.)

REGISTRATION

Category (Lunch included)	Regular Admission
General Admission	\$75
WSSA Parent	\$50
College Student (Must Show ID)	\$25
Group of Educators (5 or more)	\$55/each

HOW TO REGISTER



- ▶ Online: www.winston-sa.org/symposium/
- ▶ Over the Phone: (210) 615-6544
- ▶ In Person: Submit form and payment to our front office.

Keynote Lecture:

“What All Educators Need to Know About the Learning Brain in the age of AI”

By: Glenn Whitman - Director for the Center for Transformative Teaching and Learning

There is one indisputable educational truth. Every day, every student, in every school will have their brain with them. Shouldn't then all teachers and school leaders have a foundational understanding of the science behind how the brain learns? Unfortunately, a student must get lucky to have a teacher or school leader who understands the most promising research and strategies in the field of Mind, Brain, and Education (MBE), especially at a time when AI tools are being further integrated into the student's learning experience.

This session shares the MBE evidence base and the most promising PK-12th grade research and strategies that teachers and school leaders need to consider in their school's context with their school's students, as well as how AI aligns with what we know about the science of learning.

Participants will return to their schools, programs, and organizations with some fresh perspectives and “next-day” strategies and principles for beginning or elevating ways students learn and create, and how teachers consider and apply their “right-time” use of AI tools.

Afternoon Breakout Sessions

ADHD vs. Autism: What's the Difference?

Presented by James A. Phalen, MD, FAAP - University Health

This presentation is essential for parents and teachers seeking clarity on behaviors seen in attention-deficit/hyperactivity disorder (ADHD) and autism spectrum disorder (ASD). We will move beyond symptoms to explore distinct brain-based differences in executive function, social awareness, and self-control that drive seemingly similar behaviors like difficulty focusing or emotional outbursts.

Designing a Research-Informed Class for Deeper and More Personalized Learning

Presented by Glenn Whitman, MALS - CTTL

Teachers are both artists and scientists. This practical session workshops a research-based model for structuring class periods to maximize student learning and engagement. We'll explore strategies essential for effective teaching, including retrieval practice, effective feedback, fostering belonging, direct instruction, metacognition, and purposeful homework. Leave with a clear framework to elevate every class period.

Busting Neuromyths (and Elevating Neurotruths)

Presented by Glenn Whitman, MALS - CTTL

Challenge your thinking about teaching and learning in this unique, interactive session. We'll use engaging activities (including card play) to explore and debate the most promising research in brain science and its application to the classroom. You'll learn to identify and debunk common neuromyths—misconceptions that often mislead educational practice—by grounding your strategies in proven facts.

Beyond “Pay Attention:” An Executive Function Approach to Sustainable Focus

Presented by Grizelda M. Anguiana, MD, FAAP - Anchored

Struggling with constant distractions? This session offers parents and educators a fresh, brain-based perspective on attention challenges. Instead of urging kids to “just focus,” we'll explore the executive function, emotional, and environmental factors that shape real engagement and learning readiness. Walk away with simple, practical strategies rooted in modern science to help children move from distracted to genuinely focused at home and in the classroom.

From Dysregulation to Executive Function: Strategies for the Classroom

Presented by Nicole Santiago, M.Ed., CEO Family ADDventures

Discover how nervous system regulation supports executive functioning in students. This session explores key brain systems, practical strategies to move students from dysregulation to regulation, and includes a hands-on HeartMath demonstration.

Sunshine & Rainbows: A Fresh Approach to Mental Health Awareness

Presented by Nisi Bennett – All Heart Initiative

This session helps participants understand how mental health shows up across ages and abilities. Through a relatable weather metaphor—sunshine, rain, storms, and rainbows—attendees will explore stigma, symptoms, crisis response, and recovery. Practical strategies and interactive activities ensure everyone leaves empowered to support emotional well-being in their communities.

Sharing Your Calm in Their Storms: Using Polyvagal Theory to Improve Your Work with Adolescents & Children

Presented by Rebecca Juarez, LMSW - UTSA

Working with children and teens can sometimes feel like trying to navigate a sea of emotional waves and storms—but we don't have to be stranded there without tools. In this session, we will have an introduction to using the Polyvagal Theory to help regulate ourselves and our children so that we can best support them during their stormy stages.

Digital Drowning: Navigating Tech Addiction in the Era of Intelligent Systems

Presented by Rebecca Engle, M.Ed.

This essential session for parents and educators breaks down how today's intelligent systems are engineered to capture and keep young minds hooked. With devices now leveraging AI to monitor micro-behaviors and personalize reward loops, students are facing a new psychological landscape marked by distraction, anxiety, burnout, and genuine tech dependency. Attendees will learn to identify the subtle signs of tech-induced stress and walk away with practical, sustainable strategies for setting boundaries, fostering mindful tech habits, and reclaiming attention for deeper learning and authentic human connection.

Thank You to our Event
Sponsors and Partners



UT Health
San Antonio
UT Teen Health

Dianne P. Hengst, Psy.D.

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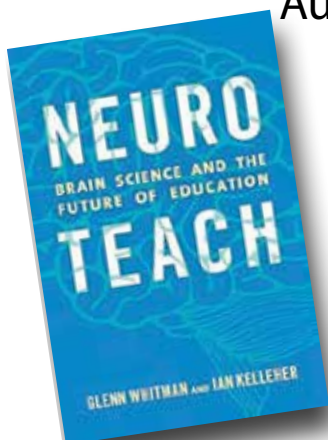
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Advocating for minds that learn differently.®

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Keynote by Glenn Whitman
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Breakout Sessions Topics

ADHD vs. Autism

Research Informed Classrooms

Neuromyths

Mental Health Wellness

Emotional Regulation

Attention & Focus

Executive Function

Digital Wellness

Register at www.winston-sa.org/symposium

CEU Credits Available
(Visit our website for more information)