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WEBINAR SLIDES

How poverty changes the brain and that changes everything

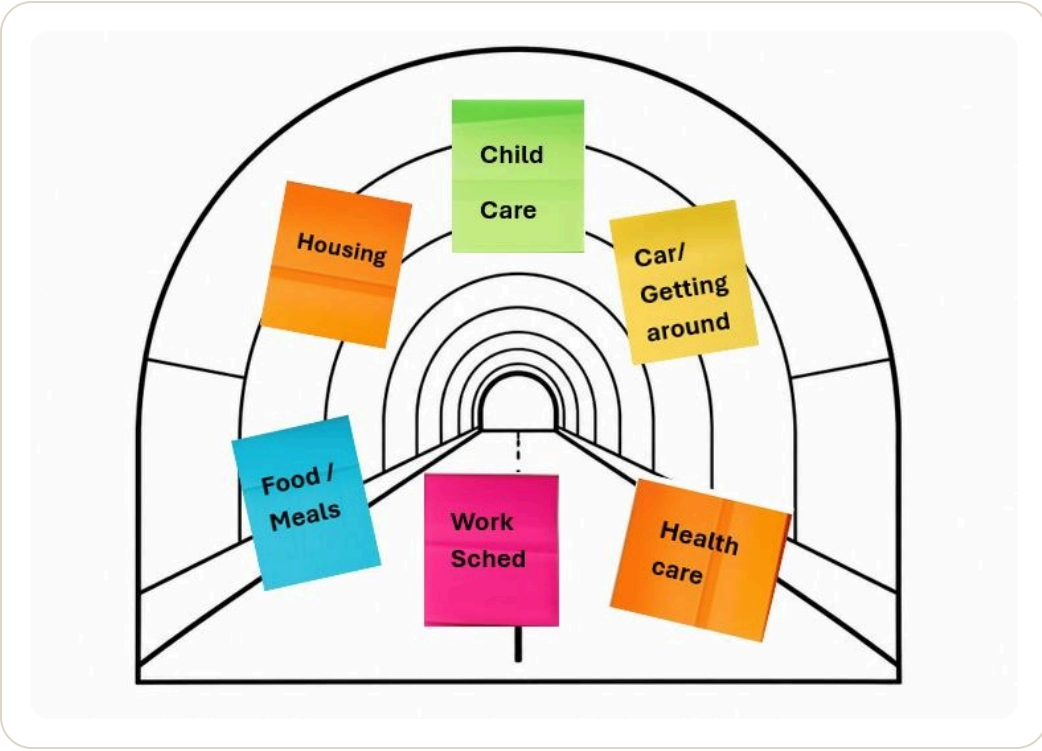
Linda K. Riddell, MS · gettinby.net

AGENDA

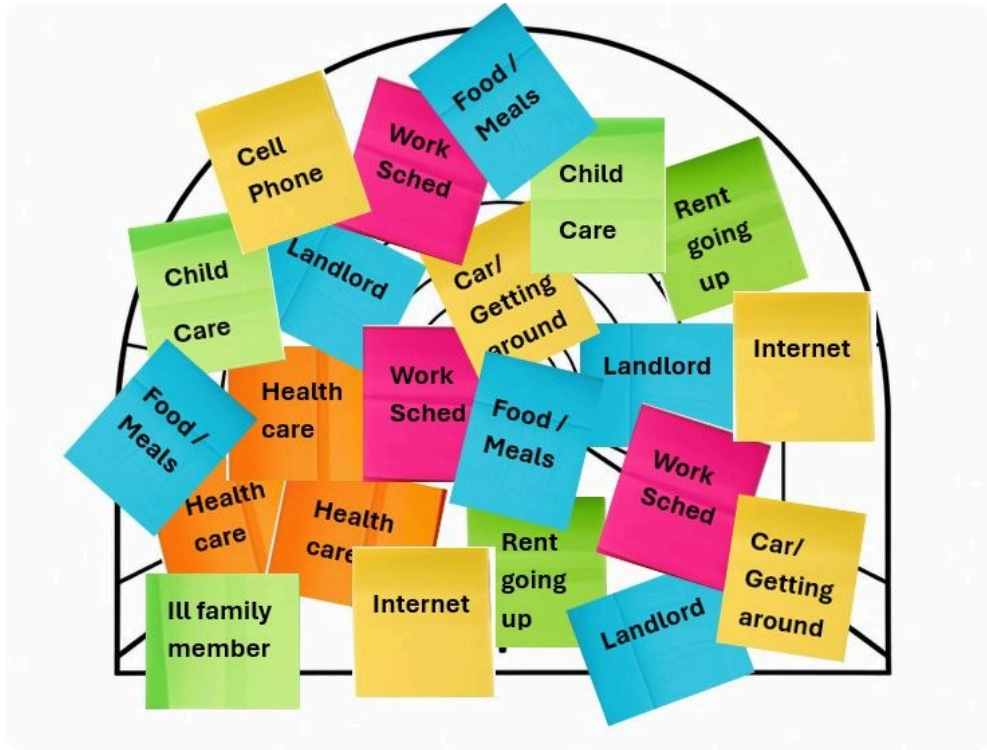
How we will play today

1. Gettin’ By game and rules
2. Play for 30 minutes
3. Debrief/ discuss
4. Three ways poverty changes the brain (yours too!)
5. Takeaways: Applying what you learned

Things that need attention ...



need MORE attention when they are unpredictable



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THREE WAYS

Poverty Changes the Brain

1. Handicaps fluid intelligence/ Narrows “bandwidth”
2. Changes what comes to mind / Range of power
3. Impairs executive control / Short vs. long term

1 · BANDWIDTH

Bandwidth

Ensure what you are sending is received

Oral Culture	Print Culture
Relationships are central	Time is central
Jump from one topic to another	Linear – first this, then that
Storytelling	Analytical/ abstract
Present-oriented	Strategic / future oriented

Source: Poverty Institute Guide/ Donna Beegle PhD

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2 · POWER

Power

Find opportunities for mastery and influence

Generational Poverty

"Life happens to me and I don't have any control over it."

Working Class Poverty

"I have some control over my life but not very much"

Situational Poverty

"I pulled myself out of poverty. If I did it, anyone can -- you just have to make better choices, work harder, and make sacrifices."

Immigrant Poverty

"I have the power to make a better life for me and my family."

Source: Poverty Institute Guide/ Donna Beegle PhD

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THREE WAYS

Poverty Changes the Brain

1. Handicaps fluid intelligence/ Narrows “bandwidth”
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3 · HOPE

Hope

- Positive thoughts about the future
- Importance of self-selected goals

CLIENT #1

I know I was supposed to work on this stuff for my GED, but it just seems like a waste of time. None of my friends or family have a GED. Why should I? And who will ever give me a job anyway?

CLIENT #2

My second job just closed for the season. I thought we'd be okay, and I'd get to be home with the kids more. Last night, the power got shut off. So, my choices are – I maybe find another job somehow and the kids are home alone, or we are home together in the dark.

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TAKEAWAYS

Recap

- Poverty changes the brain, which changes everything.
- **Bandwidth:** make sure your help can be received
- **Power:** create opportunities for mastery
- **Hope:** encourage people to paint their future

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An ounce of action is worth a ton of theory.

RALPH WALDO EMERSON

GETTIN' BY GOAL

To help people work more effectively and successfully with children and adults living in poverty



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