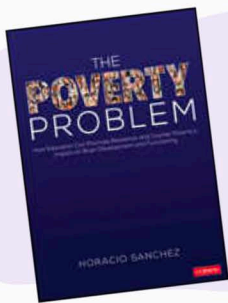


Thank you

FOR YOUR
INTEREST IN
CORWIN

Please enjoy this complimentary excerpt from The Poverty Problem.

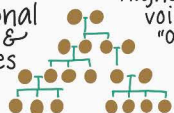
[LEARN MORE](#) about this title!



THE POVERTY PROBLEM

by HORACIO SANCHEZ
@ResiliencyInc

History has perpetuated multigenerational poverty in Black & Hispanic families



Stress raises vocal pitch—we tend to write off higher-pitched voices as "overly emotional"

“Low socioeconomic status has acted as a gag on the voices of the poor.”

Poverty results in language processing difficulties—especially in boys.



Poverty's effects on language



LOW-SES students enter high school 5 years behind high-SES students in reading.

RECOMMENDATIONS

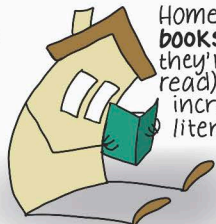
- Rigorous music program
- Adults:
 - Nurturance
 - Effective discipline
- Students:
 - Healthy future orientation
 - Skills for dealing w/stress, peer pressure

We are not so good at interpreting facial expressions of other races.

Boys from poverty may have higher T, larger amygdala—resulting behaviors reinforce educators' biases.

FUTURE?

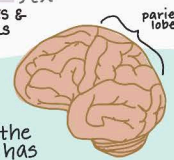
Parents in poverty talk less to their children, and mostly about the present.



Homes with books (even if they're not being read) result in increased literacy skills!



Under-activation of the parietal lobe has negative effects on working memory and visualization—which directly affects enthusiasm for reading.



Promote things the amygdala likes—being safe, loved, successful

Resiliency

Shift from deficit-based to strengths-based.



Encourage independent-minded girls.

Promote extracurricular activities.

Sense of Humor, Future Plans

Feels capable

THE MORE PROTECTIVE FACTORS, THE BETTER!

The human brain tries to rationalize what it sees:

Scarcity impairs the ability to make good decisions.

People of color suffer from scarcity.



We are not so good at interpreting facial expressions of other races.

Boys from poverty may have higher T, larger amygdala—resulting behaviors reinforce educators' biases.

Phonics seems to work better than a "whole language" approach

Reading

... is key!

RECOMMENDATIONS

- Summer reading programs
- Activities that improve working memory

Good Reader

Hobbies

USE "THINK-ALOUDS"

The shift from word identification to reading comprehension is affected by the quantity and quality of words, both spoken and written, the student encounters.

The American education system associate POC with struggle. We need more positive role models in the curriculum.



FOCUS MEMORIZATION

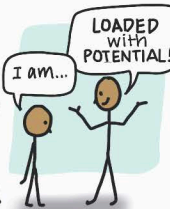
Principles of Good Instruction

Check for understanding (not just for on-task behavior)

- Clear explanations
- Relate to prior knowledge
- Use visuals
- Stimulate senses
- Apply to students' daily lives

Avoid negative language; explicitly teach desired behaviors.

Socioeconomic status has more influence on academic performance than innate ability... Interventions matter!



Poverty causes cognitive overload; manifests as apparent disinterest.

Overstimulation can result in volatile behaviors, impulsivity, and violence.

I AM REVVED UP BY DIFFERENCES; SOOTHED BY SIMILARITIES.

AND I VALUE FEELING SAFE, LOVED, AND SUCCESSFUL!

Poverty leads to negative self-image, as technology shows us "where we stand." Poor self-image decreases empathy.



RECOMMENDATIONS

- Empathy is teachable!
- Active listening
- Role play
- Gestures
- Reading emotional cues
- Teach mental grounding
- Provide books

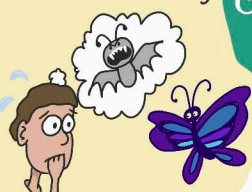
Effects on Empathy & Social Behavior

The brain reacts almost instantly to facial expression, tone of voice.

In poverty, smiles and laughter may be viewed as signs of weakness.



Students from poverty will misinterpret benign situations as threatening.



Constant exposure to violence decreases empathy.

Stress & the Brain

the Amygdala

Responsible for "fight or flight" response.

Smaller cingulate cortex: dampens empathy, social behavior, emotional control.

RECOMMENDATIONS

- Mindfulness
- Montessori-based
- Positive relationship with an adult
- Multisensory
- Early music training

Poverty-related stress can result in impaired attention, focus, self-regulation, language development, memory

BABIES in poverty have higher levels of cortisol (stress hormone) and decreased brain function.