



# Teaching with Poverty in Mind: What Being Poor Does to Kids' Brains and What Schools Can Do About It

*Eric Jensen*

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## **Teaching with Poverty in Mind: What Being Poor Does to Kids' Brains and What Schools Can Do About It** Eric Jensen

In *Teaching with Poverty in Mind: What Being Poor Does to Kids' Brains and What Schools Can Do About It*, veteran educator and brain expert Eric Jensen takes an unflinching look at how poverty hurts children, families, and communities across the United States and demonstrates how schools can improve the academic achievement and life readiness of economically disadvantaged students.

Jensen argues that although chronic exposure to poverty can result in detrimental changes to the brain, the brain's very ability to adapt from experience means that poor children can also experience emotional, social, and academic success. A brain that is susceptible to adverse environmental effects is equally susceptible to the positive effects of rich, balanced learning environments and caring relationships that build students' resilience, self-esteem, and character.

Drawing from research, experience, and real school success stories, *Teaching with Poverty in Mind* reveals

- \* What poverty is and how it affects students in school;
- \* What drives change both at the macro level (within schools and districts) and at the micro level (inside a student's brain);
- \* Effective strategies from those who have succeeded and ways to replicate those best practices at your own school; and
- \* How to engage the resources necessary to make change happen.

Too often, we talk about change while maintaining a culture of excuses. We can do better. Although no magic bullet can offset the grave challenges faced daily by disadvantaged children, this timely resource shines a spotlight on what matters most, providing an inspiring and practical guide for enriching the minds and lives of all your students.

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