 **South Plains College SMART Agenda**

**May 18-19, 2022**

**Wednesday, May 18 9:00AM-12:30PM**

* Introduction to BrainHealth approach to optimizing brain performance
* Strategic Attention
  + Calibrating mental resources to focus with precision on tasks and decisions that matter, decrease stress and improve the brain’s endurance and resilience
* Integrated Reasoning
  + Creating novel meanings or goals from information or tasks, gleaning practical actions/implementations for deeper-level processing and more proactive decision making and problem solving, and applying those ideas to future endeavors

**Thursday, May 19 9:00AM-12:30PM**

* Innovation
  + Flexibly updating ideas and perspectives to understand complexities and nuances of situations/information, generating and discovering novel concepts, imagining future problems, and identifying solutions and viewing issues from multiple viewpoints
* Applied exercises – all domains and strategies
  + How to make the SMART strategies work for you – engage in practical exercises to help launch your adoption of the strategies in both professional and personal situations