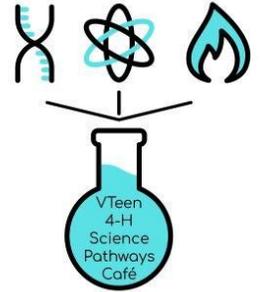




VTeen Science Explorations



How Does Our Nervous System Confer Different Reactions to Stress?

Wednesday, October 21, 2020, 3:30-4:45 pm

Open to all youth entering grades 7-12 in VT and across the country!

Register@ www.uvm.edu/extension/youth/announcements

“Like” us @www.facebook.com/VTeen4HScienceCafe



Join us to learn how our nervous system responds to stress. Humans do not all respond to environmental stressors the same way... What are nervous system factors that make some people become more affected by stress than others? What are some theories on how our bodies respond to stress? In this cafe the presenter will explain how the autonomic nervous system has a very complex response to stress, more complex than how we previously conceived it.

ABOUT OUR SPEAKER

Aya Cheaito is a Pre-Doctoral Clinician with New England Survivors of Torture and Trauma (NESTT). Aya is from Beirut, Lebanon and has studied neuroscience at New York University. She is now a second year clinical psychology student at the University of Vermont focusing on trauma, and understandings of race and discrimination. In her free time, Aya likes to play the guitar and draw.

What is a Virtual Teen Science Café? It is a free, fun way for teens to explore science, engineering and technology with local scientists, engineers and technology experts. Teens will “meet a scientist”, learn about their work, and be able to participate in informal discussions.

Questions? Contact lauren.traister@uvm.edu

To request a disability-related accommodation to participate in this program, please contact the 4-H Office at 802-888-4972 or lauren.traister@uvm.edu by September 30, 2020 so we may assist you.



www.uvm.edu/extension/youth