



VTeen 4-H Science Pathways Café



The Science of Stress

Saturday, September 22, 2018, 5:00-7:00 pm

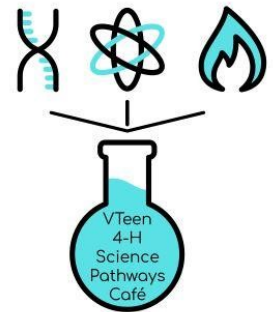
University of Vermont, Davis Center, Mansfield Dining Room

FREE pizza and drinks

Open to all youth in grades 7-12

Register@ <https://scienceofstresscafe.eventbrite.com> no later than September 19

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School just started back up and you might be feeling a little stressed about homework, time management, friends, work and more. Come to this café and learn about how psychologists study stress and current research on the intersection between behavior, stress and the autonomic nervous system (heart rate, blood pressure), HPA-axis (cortisol), and some epigenetic indicators of physical health. In layman's terms—what happens to your body when you are stressed out! And, you will get to participate in some fun, hands-on activities to learn stress regulation strategies!

NEW THIS YEAR! A follow-up workshop on October 3 from 6:00—7:00 pm and again from 7:15—8:15 pm will take place in the UVM Social Development Lab to explore the tools used in their research. This will be available only to students who attend this café. Each session will only accept 6 students. Registration will open after the café.

ABOUT OUR SPEAKER

Allie Sullivan is a third year PhD student in the joint Clinical and Developmental Psychology program at UVM. Her research focuses on how stress "gets under the skin" and what family-based treatments can do to decrease it. She uses physiology equipment that measure heart rate, sweat, and breath to answer her research questions, and she is always excited to learn about new techniques.

What is a 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 participate in informal discussions and hands-on activities to learn about different topics. And, there is always free food! Planned and run by teens for teens.

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 7, 2018 so we may assist you.



www.uvm.edu/extension/youth

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