ABOUT HIDDEN SPARKS

Hidden Sparks is a non-profit that helps educators and schools nurture the Hidden Spark within each student. We do this by developing and facilitating professional development programs for Jewish day schools to help increase understanding and support for diverse learners.

Hidden Sparks provides an award winning professional development program in understanding learning and behavior, conducting classroom observations, coaching teachers and developing peer coaches. By helping teachers meet the needs of struggling students, ultimately all students benefit.

- 125 Jewish day schools across the country with hundreds of teachers participate in PD programs annually.
- Impacting over 7,000 students every year.
- Over 350 school peer coaches have received training and mentoring.
- Hidden Sparks Without Walls international webinar program has reached thousands of teachers and parents.
- New in 2020! SEL Initiative

Please be in touch to find out how to bring Hidden Sparks programs to your school!
Saying No to Ourselves and Our Children: Building Delayed Gratification

Presented by Oshra Cohen, Ph.D.
January 11, 2022
Dr. Oshra Cohen earned her B.A in Psychology at McGill University and her M.A and Ph.D in Clinical Psychology, Health Emphasis from Ferkauf Graduate School of Psychology at Yeshiva University. She is the founding director of Cognitive Behavioral Health Psychology, LLC, a private practice which specializes in Cognitive Behavioral Therapy with offices in NY and NJ, as well as a educational consultant on social emotional issues relating to faculty and students. Additionally, she serves as the Faculty Support and Efficacy Consultant at Ma'ayanot Yeshiva High School for Girls and is a member of the guidance department. Dr. Cohen lectures nationwide on topics related to education, psychology and religion.
Overview of the Session

“Please, wait!” is a phrase that has become harder and harder to implement in a world replete with immediate gratification. In this workshop we will explore the underlying mechanism of delayed gratification and discuss concrete ways in which we can build the skill of delaying gratification within ourselves and in our children.
The ability to postpone an immediate gain in favor of greater and later rewards

Twito, Israel, Simonson et al. 2019
Delayed gratification?

Oh - you mean "5-7 days shipping."
Instant Gratification

BAD

GOOD
Delayed Gratification
Setting Up For Success

- Stress
- Self Control
Tool-Box

- Distraction
- Emotional Control
- Abstraction
- Self Talk
- If-Then
- Values
Distraction

Don’t

Do
Abstraction
If

Then
Conservation
VS.
Self Enhancement
How To?

Modeling The Behavior

I AM WAITING
It's not that I'm so smart, it's just that I stay with problems longer.

Albert Einstein
## Upcoming Hidden Sparks Without Walls Sessions

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<td><strong>For Teachers</strong>&lt;br&gt;SEL x Math Instruction: Yes, We’re All Math People&lt;br&gt;Presented by Lily Howard Scott</td>
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<td>Tuesday, March 1, 2022</td>
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If you are interested in bringing Hidden Sparks to your school or city, please contact us: 212-767-7707 or sara@hiddensparks.org
Contacting Hidden Sparks

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