

# FINDING BALANCE

## 14th Annual Disability Symposium

UNIVERSITY of PENNSYLVANIA

### SYMPOSIUM SCHEDULE

**7:45**                      **SYMPOSIUM OPENS; BREAKFAST AVAILABLE**

**8:15**                      **WELCOME & OPENING REMARKS**

**8:30 – 9:45**              **MORNING PLENARY**  
Presenter:                **Sian Beilock, Ph.D.**

#### **Performing at Your Best Under Stress**

For many students, the desire to perform their best in academics is strong. Consequences for poor performance, especially on exams, include poor evaluations by teachers and peers; lost scholarships; and relinquished educational opportunities. Yet despite the fact that students are often motivated to perform their best, the pressure-filled situations in which important tests occur can cause students to perform below their ability instead. Beilock explores what happens in the brain and body when less-than-optimal performance occurs when the pressure is high. She also discusses how current research in psychology and neuroscience can be used to improve learning and performance in school – especially for students who are habitually anxious about taking tests.

**10:00– 11:30**              **CONCURRENT MORNING SESSIONS**

**11:30**                      **LUNCH**

**12:15 – 1:30**              **NOON PLENARY**  
Presenter:                **Dmitri Belser, B.A.**

#### **Building Independence from the Ground Up: Universal Design and the Ed Roberts Campus**

The Ed Roberts Campus (ERC) is a universally designed, transit-oriented facility that houses disability advocacy agencies in Berkeley California. The seven partner agencies came together to create a building that encourages collaboration and far exceeds the mandates of the Americans with Disabilities Act. This talk will focus on how the ERC came into being, and how the blend of architecture and design becomes a tool for social justice, particularly for people with disabilities. The ERC was built by non-profit agencies in one of the most expensive real estate markets in the country. Come, find out how Mr. Belser accomplished this remarkable feat and hear his inspirational story.

**1:45 – 3:15**              **CONCURRENT AFTERNOON SESSIONS**

**3:15 – 4:30**              **AFTERNOON SNACK AND CHAT**